A-ROD ADMITS TO SIPPING THE JUICE, PG 11

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Celebrity Buzz

Chris Brown could face more charges
pg 33

Vancouver Games

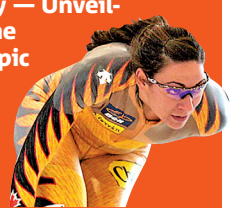
Countdown to 2010

• Today

Vancouver cracking down on street disorder offences, pg 6

• Coming up this week

Wednesday — Views of Canadians on the streets.
Thursday — One-year countdown at Whistler
Friday — Unveiling the Olympic torch



Valentine's Day

Matters of the heart

• Workology

Designs on a flower, pg 21

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• Coming up this week

Wednesday — Georgie Binks' take on relationships, the most romantic getaways in Canada and why movies are such a popular date-night choice.
Thursday — Recipes for a cosy night in.

TV Lovely Lilly

CTV PHOTO

Music star Lilly Allen was in Toronto yesterday for a taping to talk about music, media and fame for CTV's Live at ETalk. The half-hour special airs Saturday at 5:30 p.m. on CTV.

Flowers grown in blood

Flowers from Colombia are grown in blood, according to a small delegation from that country asking Canadians to think twice about the origin of flowers they buy for Valentine's Day.

It's the blood of women and children as young as 10, who work in slave labour conditions in sprawling greenhouses around the capital. They arrive from all over the country to package beauty, working long hours for little pay, no guaranteed labour rights and health problems that include infertility, lung disorders, joint issues and cancer.

"It is essentially slave labour," Yolanda Becerra Vega, director of the Popular Women's Organization, said yesterday in an interview. The Amnesty International-sponsored delegation is here to plead with Canadian parliamentarians to reject the Canada-Colombia free trade agreement, signed last November and expected to be introduced in the House soon.

Becerra Vega is recognized internationally for human rights work in a country where grassroots activists are regularly targeted by death squads.

"Flowers come from my country with blood," said Omar Fernandez Obregon, a Franciscan brother, teacher and rights activist. "I say to Canadians, it's the same as buying from South Africa during the time of apartheid."

Florists may not know the origin of the cut flowers they sell and, during such a romantic week as this, who wants to spoil the mood by thinking about the little hands of children struggling to bundle flowers or women unable to have babies?

Try, urges the Colombian delegation. Ask questions.

The trip is about more than flowers. The delegates argue the free trade deal will increase exploitation of workers in many sectors and lead to further expropriation of land for the mass, foreign-owned agri-businesses that destroy traditional life.

TORSTAR NEWS SERVICE

Trade agreement

• Cut flowers, roses and carnations among the most popular, are one of Colombia's biggest exports to Canada (along with coffee, bananas and sugar) and comprise 18 per cent of exports that totalled $320 million in 2006. The flower trade is expected to increase with the removal of tariffs ranging from six to 10 per cent.

Valentine's Day

Grocery store health hazard

RODENTS The idea of mice, rats and various creepy-crawlies running amok in grocery stores is enough to make anyone squeamish. But it's not just the ick factor — these vermin can pose serious health hazards to consumers.

So, when a west-end Toronto Loblaws at 650 Dupont St. was recently found to be overrun with rodents following a customer complaint, the city's public health inspectors didn't hesitate to shutter the store and order a massive cleanup.

Such an infestation is critical enough to be deemed a health hazard, says Jim Chan, manager of the Food Safety Program for Toronto Public Health. Cross-contamination can occur after rodents have crawled around a food counter, defecating and urinating, he says. "The next day when the worker comes in without cleaning and sanitizing the surface, they start preparing food, like making bread, cutting meat."

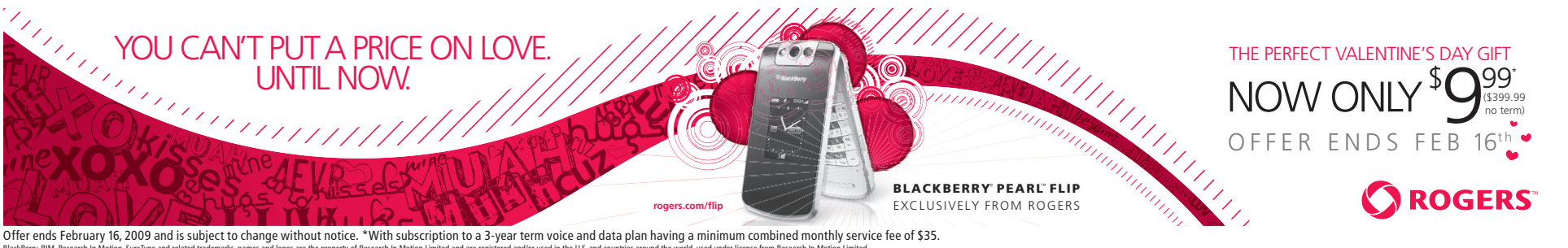
Licensed pest-control companies typically have a contract to inspect and treat a grocery store once a month, or even once a week, depending on the retailer's size and location.

Independents and corporate chain grocery stores in Canada have all signed on to a food-safety protocol, which includes dealing with incursions of rodents and other pests.

THE CANADIAN PRESS

World pg 7

Obama urges quick passage



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Not guilty plea entered in Rengel death
The 17-year-old girl accused of killing 14-year-old Stefanie Rengel a year ago has pleaded not guilty to first-degree murder. Rengel was found with six stab wounds to her abdomen in a snowbank near her East York home on New Year's Day 2008. TORSTAR NEWS SERVICE

Local

Gun found on teen at high school

A 14-year-old boy faces nine charges after police allege he was carrying a loaded revolver outside an East York school. The boy was with a friend outside Marc Garneau Collegiate Institute at Overlea Boulevard and Don Mills Road yesterday morning when they were stopped by police and a school security guard. The youth is charged with possession of a prohibited weapon among other charges. The second boy, also 14, faces charges, including failing to comply with police. TORSTAR NEWS SERVICE

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Tomorrow's Metro

Metro Drive
Check out Metro's coverage of the hottest debuts and concept cars from the upcoming Canadian International Auto Show in Toronto.

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What's online today.

Your Money Allan Small weighs the pros and cons of RRSPs versus Tax Free Savings Accounts at **metronews.ca/investing**

Lotteries
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Daily Keno: 3, 11, 21, 23, 28, 31, 33, 35, 36, 37, 38, 40, 42, 43, 45, 46, 49, 53, 56 and 70
These results are not official.

City tight-lipped on budget

Homeowners expected to absorb property tax hike

Today is budget day in Toronto.

That means the city's 44 councillors and mayor will try to limit the burden on taxpayers while balancing the city's books as the economy crumbles.

Yesterday, Mayor David Miller would not reveal anything. Around city hall, politicians and officials have been unusually tight-lipped.

"I'm happy to speak to property taxes tomorrow when we announce the budget," Miller told reporters at a news conference at the Parkdale public library yesterday.

Miller has for months predicted a two to four per cent tax hit on homeowners and today he will finalize the number.

In 2008, a home valued at $365,468 paid $2,232.73 in municipal property taxes (excluding Toronto school taxes).

A two per cent increase would add $44.65 to the bill of a home. A four per cent increase comes to $89.30. But since Miller first promised to limit any tax hike, the downturn has deepened and the city's finances are under increasing strain.

Yesterday, Miller tried to cushion the impact of the downturn when he announced that an extra $1.3 million will go to help the poor, jobseekers and low-income seniors.

"The impacts of the recession have shaken people's confidence," Miller said. "Daily reports of job losses leave Torontonians worried and many families in serious need."

TORSTAR NEWS SERVICE

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Mayor David Miller visits the Parkdale public library yesterday and looks in on some people attending an ESL class. Miller and Toronto council will announce the city's budget today.

Self-help solutions

- As part of yesterday's announcement, the library plans to add 35,000 job-help books at its 99 branches, up from 15,000 in a normal year, said chief librarian Jane Pyper.

Car insurers breaking credit rule: Watchdog

CREDIT An association of Ontario insurance brokers has called for an investigation into whether auto insurers are discriminating against drivers with poor credit scores — a practice that is illegal in the province.

Randy Carroll, chief executive of the Insurance Brokers Association of Ontario, said consumers have complained to the association that their credit reports have been checked after they requested a price for auto insurance.

"Current regulation prohibits insurers from using credit information to rate and/or underwrite automobile insurance products in the province of Ontario," said Carroll.

Caroll did not name the specific insurers.

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First

- In 2001, Ontario turned down the first auto insurer to ask for permission to use a policyholder's credit history in its risk classification system.

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Charged bus driver identified

The driver of a Toronto-bound Coach Canada bus who was pulled over by police Sunday morning and charged with driving with a blood-alcohol level exceeding 80 milligrams has been identified as Bill Kindon, 48, of Niagara Falls. TORSTAR NEWS SERVICE

CRA strips another charity of its status

In what appears to be a first, Canada's national charity regulator has admitted that it made a mistake in approving the registration of a Toronto charity.

One result of that mistake? Most of the $56.5 million donated over a recent two-year period went into a bogus tax shelter scheme, rather than funding charitable projects.

Yesterday, the Canada Revenue Agency "annulled" the 1973 registration of the Toronto-based Phoenix Community Works Foundation, both because it should not have been registered and because it was not operating in an "exclusively charitable manner."

Phoenix's executive director Larry Rooney said his group is disappointed but will try to continue on as a non-profit group. It will no longer be able to raise money as a charity, or issue tax receipts to donors.

As to what the charity did with the millions that passed through its accounting ledgers, Rooney said he was not at liberty to say what Phoenix used to do.

"Well, we do a lot of things. Such as education programs," said Rooney, before asking the Toronto Star to send a copy of the charity regulator's statement about his group. Rooney said he could not say anything more about his predicament for now.

This is the latest in a series of charities that have lost their status as a philanthropic group due to participation in tax shelter schemes.

TORSTAR NEWS SERVICE

Not so charitable

- The Canada Revenue Agency is auditing more than 100,000 Canadians who participated in tax shelters in the last five years. While the agency is going after charities and donors, it is not taking on the promoters.
- Tax shelters promise donors a high tax receipt for a relatively low donation.

Questions remain over Sunrise blast

EXPLOSION Six months later and still no answers.

The owner of Sunrise Propane, Sean Ben-Moshe, has remained tight-lipped and out of the spotlight since the incident.

From his Thornhill residence yesterday, Ben-Moshe declined to comment.

Meanwhile, the Ontario Fire Marshal's Office says forensic investigators are still trying to determine the cause of the explosion but a conclusion is not expected any time soon.

"Fire burns and eradicates its own evidence," said fire investigations operations manager Todd Clarke. "This was pretty vast, so that's what we're up against."

TORSTAR NEWS SERVICE

Costs

- The city has spent $1.9 million cleaning up the mess.
- The province has kicked in $900,000 to cover costs.

Burned if you do, burned if you don't

ASDF Ted Kindos faces two choices: Continue to be called a bigot or break the law. Either way, he risks going bankrupt.

Kindos owns Gator Ted's Tap & Grill in Burlington. Four years ago, he asked a marijuana smoker to step away from his front door.

The medically licensed toker complained to the Ontario Human Rights Commission of discrimination against a disabled person. He won. Kindos was about to pay the fine and post obligatory signs saying, "We accommodate medicinal marijuana smokers," when a different government agency told him he could lose his liquor licence. Serving anybody possessing a controlled substance — prescribed or not — is against the law.

"Heads I win, tails you lose," Kindos said yesterday.

Kindos must continue to fight the complaint or lose his business, he says.

Legal bills could also bankrupt him but a lawyer has agreed to assist and take the next stage without charge. The Ontario Human Rights Tribunal will hear the case this summer.

TORSTAR NEWS SERVICE

PAWEL DWULIT/TORSTAR NEWS SERVICE

Ted Kindos, owner of Gator Ted's Tap and Grill in Burlington, poses for a photo inside his restaurant. Kindos was taken before the Ontario Human Rights Commission by a medicinal marijuana smoker who complained after being asked not to smoke in front of Kindos' restaurant.

Province to be coal-free next year?

ENERGY Ontario's energy mix could be virtually 100 per cent coal-free by next year, especially if the government boosted conservation by residents and acted boldly with its upcoming Green Energy Act, suggests a new report.

As of December, Ontario had a maximum energy capacity of 33,045 megawatts, or 26,611 megawatts after subtracting the power generated from its coal plants.

By June 2010, the government hopes to have an additional 3,913 megawatts of coal-free power available for consumption. That would push its total capacity well beyond the record-high electricity demand of 27,005 megawatts set on Aug. 1, 2006.

The numbers suggest Ontario can phase out its use of coal-fired electricity well before its self-imposed deadline of Dec. 31, 2014, and the province should commit to only using those dirty plants in emergency situations, said Jack Gibbons, chairman of the Ontario Clean Air Alliance, which released the report.

TORSTAR NEWS SERVICE

Green

- The measures are apart of the province's Green Energy Act — which Energy Minister George Smitherman enacted.

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grocerygateway.com

News in brief

FRAUD A Brampton bookkeeper has been arrested on fraud and theft charges after more than $3 million went missing from a large construction firm over the course of six years. Police say between January 2002 and May 2008, company cheques were deposited into an outside bank account. Investigators spent months combing through archived files before filing a charge. The name of the construction company is being withheld.

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Toronto Stock Exchange Tower
Woodbine Centre
Yorkdale Mall
York Lanes (York University)
2187 Queen St. E (The Beach)
2501 Yonge St. (at Castlefield)
363 Front St. W (City Place)
455 Danforth Ave.
155 - 720 King St. W
5015 Yonge St.
38 - 1500 Royal York Rd.
8 - 1750 The Queensway

WEST

Burlington Mall
Mapleview Mall
Milton Crossroads Centre

Brampton
Bramalea City Centre
60 Great Lakes Dr.
(inside Home Depot)
2880 Queen St. E
(Hwy. 7 & Airport Rd.)
26 - 55 Mountainash Rd.
10 - 80 Pertosa Dr.

Mississauga
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
6535B Mississauga Rd.
2458 Dundas St. W
G16 - 3024 Hurontario St.
1A - 1370 Dundas St. E
9 - 34 Bristol Rd. E
2 - 4920 Tomken Rd.
101 - 6200 Dixie Rd.

Oakville
Oakville Place
RioCan Burloak
299 Lakeshore Rd. E
18 - 2501 Third Line
D3 - 2335 Trafalgar Rd.
760 Pacific Rd.

NORTH

Maple
3 - 10019 Keele St.

Markham
Georgian Mall
Markville Shopping Centre
Pacific Mall
Upper Canada Mall

Richmond Hill
Hillcrest Shopping Centre
4 - 11005 Yonge St.
9301 Bathurst St.

Thornhill
Promenade Mall
7171 Yonge St.
8117 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 4000 Hwy. 7

Woodbridge
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Police searching for relatives of assisted suicide victim

Police in Thunder Bay are hoping relatives of a woman from southern Ontario who they say was the victim of an assisted suicide will come forward. They say they have had no luck tracking down the family of Yanisa Fonteese. The 38-year-old woman was found in a motel in Thunder Bay on Friday. THE CANADIAN PRESS

Canada

B.C. shootings spark concern

B.C. Attorney General Wally Oppal appealed for public help in curbing violence in the Vancouver area in what police have stopped short of calling a gang war. But there have been six shootings in six days, four of which police believe have drug and/or gang links. Three of those — including one late Sunday evening — happened in shopping centre parking lots, two in broad daylight. And four of them were fatal. THE CANADIAN PRESS

Cleaning up for the Games

ANDREA WOO
for Metro Canada

With Vancouver's turn on the world stage rapidly approaching, the city is cracking down on street disorder offences — a move believed by some intended to minimize the presence of the homeless in 2010.

VANCOUVER 2010 Games

According to the Vancouver Police Department's 2008 annual business plan report, officers issued 467 tickets for violations of the Safe Streets Act last year, up from 202 in 2007.

They also issued 133 tickets for violations of the Trespass Act, up from 95 in 2007. Officers ticketed 439 people for panhandling, loitering and unlicensed street vending last year, up from 247 in 2007.

David Eby, acting executive director of the B.C. Civil Liberties Association, explains that, in court, repeat offenders of the acts are typically given "no-go" orders, forbidding them from returning to the area where the offences were committed.

"It's an effort to move people out of the Downtown Eastside, in my opinion," Eby said.

The VPD, however, says such crackdowns are simply part of a larger goal to improve livability by combating activities that contribute to urban decay.

"What we're doing is continuing our efforts, increasing our visibility in the Downtown Eastside," said spokeswoman Const. Jana McGuinness.

JENNIFER GAUTHIER/FOR METRO CANADA

Two men sit by a doorway on Vancouver's Downtown Eastside yesterday. The area is Canada's poorest postal code.

Company charged in death of 500 ducks

OILSANDS The slow death of 500 ducks on a toxic oilsands tailings pond in northern Alberta last April has led to federal and provincial charges against Syncrude Canada Ltd.

Images of the dead and dying birds flashed around the world and Prime Minister Stephen Harper said at the time that Canada's international reputation had been harmed.

Syncrude has been charged under the Alberta Environmental Enhancement and Protection Act and the federal Migratory Birds Convention Act.

"It will be a joint prosecution," Alberta Environment Minister Rob Renner told a news conference yesterday. "The federal investigation and the provincial investigation arrived at the same point and that was that charges would be laid."

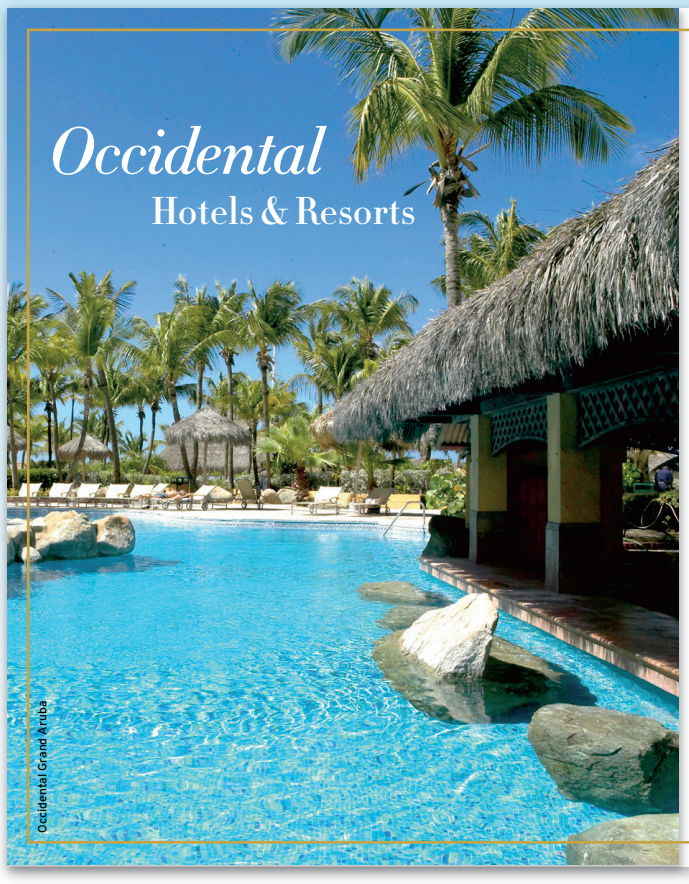
The provincial charge carries a maximum fine of $500,000, while the federal charge carries a maximum penalty of $300,000 and six months in prison.

THE CANADIAN PRESS

News in brief

O CANADA A New Brunswick principal who eliminated O Canada at the start of the school day says he is considering his future in teaching. In an interview with CBC-TV, Erik Millett says his decision to stop the anthem at the start of the school day was taken out of context. THE CANADIAN PRESS

AIR CANADA VACATIONS



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Poland says Pakistan shares blame for beheading
Poland has vowed to issue international arrest warrants for Taliban militants after the apparent beheading of a Polish engineer in Pakistan. Officials charged that elements within the Pakistani government shared blame for the killing. THE ASSOCIATED PRESS

World

Woman in coma 17 years dies

Eluana Englaro, the Italian woman at the heart of a bitter right-to-die debate, died in a clinic in Udine yesterday just as lawmakers began debating a bill to prevent her feeding tubes from being removed, news reports said. Englaro, 38, had been in a vegetative state since she was in a car accident 17 years ago.

THE ASSOCIATED PRESS

Hardliners hold edge in Israeli election

VOTE Israel's election has suddenly become too close to call, though hardliners will have a clear edge in the horse trading that is sure to follow today's vote with polls pointing toward a fractious coalition government and a period of political paralysis.

The race pits former prime minister Benjamin Netanyahu, who opposes giving up land in the name of peace, against Foreign Minister Tzipi Livni, a centrist who hopes to become the country's first female leader in nearly 40 years.

THE ASSOCIATED PRESS

Clash

- Israeli aircraft struck two targets in the Gaza Strip and a Palestinian fighter died in a clash with troops on the border yesterday.

Obama urges quick passage

U.S. President Barack Obama travelled to a heartland town decimated by the deepening recession to push for swift passage of his massive economic stimulus package.

"We can't afford to wait."
Barack Obama

He spoke directly to America's economic casualties in a town-hall meeting in Elkhart, a city in Indiana where the jobless rate is twice the national average.

"We can't afford to wait," Obama said. "We can't posture and bicker and resort to the same failed ideas that got us in into this mess in the first place."

Later, Obama delivered a plaintive sales pitch, facing millions of Americans last night during a televised news conference from the White House for the first time since his inauguration three weeks ago.

"The plan is not perfect," a stern, forceful Obama said. "No plan is. I can't tell you for sure that everything in this plan will work exactly as we hope, but I can tell you with complete confidence that a failure to act will only deepen this crisis as well as the pain felt by millions of Americans."

The Senate is expected to pass the bill today.

THE ASSOCIATED PRESS

Australia **Wildfires toll climbs**

THE ASSOCIATED PRESS

Family members comfort each other yesterday north of Melbourne after the deadliest wildfires in Australia's history burned people in their homes and cars and wiped out entire towns. Police declared incinerated towns crime scenes after investigators said arsonists may have set some of the fires. Australian Prime Minister Kevin Rudd, visibly upset, called it "mass murder" as the death toll rose to more than 170 people.

Female suicide bomber kills 28

SRI LANKA A woman with a bomb strapped to her body hid in a crowd of Sri Lankan civilians yesterday, blowing herself up as security forces frisked more than 800 people fleeing the war zone. The blast killed 20 soldiers and eight civilians.

The attack highlighted concerns the rebels were trying to blend in with civilians so they can fight on using insurgent tactics.

THE ASSOCIATED PRESS

News in brief

CHINA A 44-storey hotel under construction that was expected to be one of Beijing's most luxurious, was engulfed in flames yesterday after being showered with sparks from fireworks set off during China's biggest holiday. The Mandarin Oriental had been due to open this year. THE ASSOCIATED PRESS

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Comment

A new course for new times

NationalReport

Before we start banging ourselves on the head over the great economic sag, one fact is worth remembering. This isn't our doing.

The recession that pummelled us in the early 1990s was, in good part, made in Canada. The recession of the early 1980s also was homegrown to a good degree.

But today's adversity was brought on chiefly by American debt and deregulation. We had neither problem. Paul Martin wisely did not deregulate the banking system like they did south of the border. And our debts and deficits were under control. We can't blame our plight on the politically-obsessed Stephen Harper government, either. Its economic management has hardly been sterling, but this recession would have hit no matter what it did over the last three years.

So, while we love to blame our politicians for everything, this time is not one. Rather than going on any guilt trips, the country should follow the lead as recommended in a report last week on the Ontario economy by Roger Martin and Richard Florida.

Stimulus schemes and handouts, they say, may be necessary to prop up the old economy. "As in all times of economic crisis, there is considerable pressure on governments to protect the past and undertake bailouts." That said, "There is a better way."

Our leaders, they suggest, need to capitalize on the current plight to drive home the need to move off the old industrial economy. Start making the big moves to an idea-driven, creative economy based not on goods, but on services. Put the stress on the development of knowledge workers, on research and development, on innovation.

That's at home. Abroad, which was not a focus of the report, there has to be a lessening of our dependence on the United States. The Harper government is finally starting to do that with Trade Minister Stockwell Day pursuing new trade agreements on other continents.

A creative economy doesn't rely on outmoded strategies at home and abroad. It requires leaders of foresight. If not Stephen Harper, the Creative Society is a vision that might perfectly suit brainy new Liberal Leader Michael Ignatieff. It moves beyond political gamesmanship and last-century methods. It charts a new course for new times.

Today's made-out-of-Canada recession should serve as a catalyst to bring it on.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

Fashion can cheer up gloomy moods

Lisa Tant
Fashion & Beauty Expert

Imagine a world without music, art or fashion.

You'd wake up in your sensible white-walled home and dress in your functional daily navy uniform before heading out to a structured 9-to-5 office. Think of how sombre and depressing your mood would be to match. That's all I can visualize when asked what place fashion has in a world littered with pink slips and shrinking stock portfolios.

There's no doubt that our perception of fashion is changing. A status symbol for the past decade, "it" bags — a must-have $1,000-plus design toted by celebs and their wannabes — are now yesterday's news. Head-to-toe designer labels are considered gauche, and bling is now more quaint than fierce. Yet, just because we're dialling down our showy love for high-profile, high-status fashion, that doesn't mean our passion for style has gone the way of UGGs and track suits.

Fashion has always been a defining sign of self-expression and that's not about to change. What will change is what and how we buy. Trying times bring out the best in our creativity, imagination and innovation — and that magical equation cannot be defined by a label or price tag.

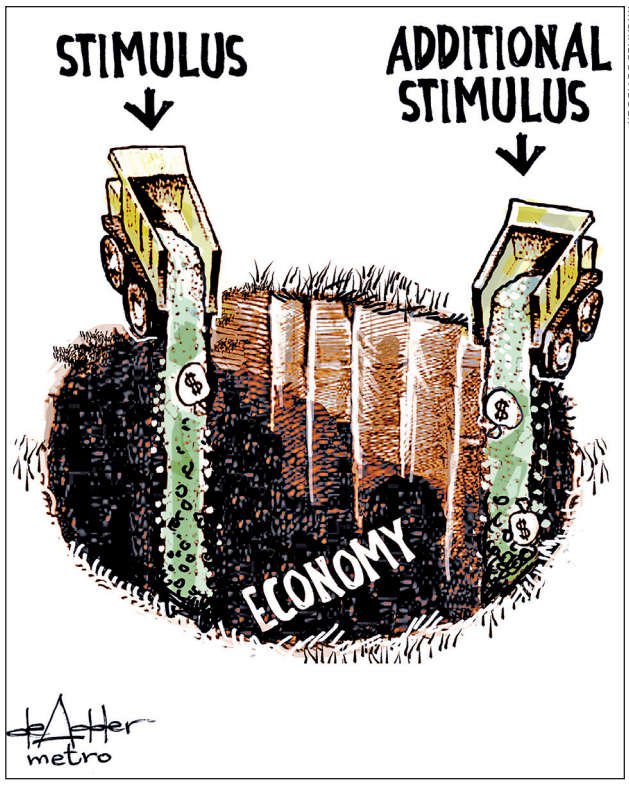
A perfect example is how mall stores, including H&M and Gap, have been collaborating on wallet-friendly collections with high-profile designers from Rei Kawakubo of Comme des Garcons to Thakoon.

The biggest mistake a retailer could make in tough times is to stock its shelves with safe classics in predictable colours. Who really needs another white shirt or black pencil skirt? If we're going to loosen our pinched-tight purse strings it will be to splurge on mood-boosting colour, pattern or decorative accessories.

Notice how Michelle Obama chose change-inspiring yellow — a sunny silk brocade topper and dress by Isabel Toledo — at her husband's inauguration. Likewise, cheerful optimism shapes the madcap fashion in February's Confessions of a Shopaholic, the unlikely story of a fashion-crazed shopper turned financial adviser.

Every savvy shopper knows that a little creative retail therapy always does the heart good.

Lisa Tant is editor-in-chief of FLARE Magazine and former executive editor of Chatelaine Magazine.



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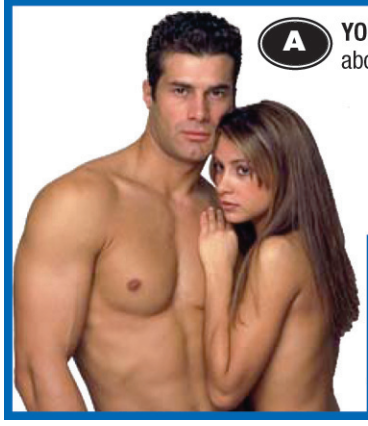

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Nearly 700 Sudbury mine workers get pink slips
Layoff notices have gone out to 686 permanent employees in both union and salaried positions at Xstrata Nickel mines in Sudbury. The company, formerly known as Falconbridge, also says it is immediately closing its Craig and Thayer-Lindsley operations. THE CANADIAN PRESS

Business

DOLLAR 0.61¢ — C$ 82.21¢ US; US$ $1.2164

OIL $39.56 US 61¢

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Kingsway dumps jobs, warns of loss

FINANCE Mississauga-based Kingsway Financial Services is cutting 750 jobs, quitting some businesses and selling assets while warning of a "material" fourth-quarter loss.

The job cuts — about one-quarter of the vehicle-insurance-focused company's North American workforce of 2,900 — are to take place during the next 18 to 24 months.

THE CANADIAN PRESS

Ticketmaster faces class-action

LAWSUIT Two law firms have launched class-action procedures against Ticketmaster in Ontario, saying they represent people who were overcharged when they bought tickets from Ticketmaster or TicketsNow.com since February 2007.

THE CANADIAN PRESS

Bankruptcies rising

Up nearly 47% from December last year

The number of Canadian consumers and businesses going bust soared nearly 47 per cent in December as the domestic economy continued to show signs of further trouble ahead.

The Office of the Superintendent of Bankruptcy says 8,299 individuals and businesses went bankrupt in December, up from 5,659 for December 2007, a jump of 46.7 per cent.

"There's no brakes on the train and it's going downhill faster and faster."
Douglas Hoyes, bankruptcy trustee

"There's no brakes on the train and it's going downhill faster and faster," said Douglas Hoyes, a bankruptcy trustee with Hoyes, Michalos & Associates.

However, the December total was down 4.3 per cent from the 8,669 who filed for bankruptcy in November.

CIBC economist Benjamin Tal predicts the results will only worsen in the new year, pushed higher by the rising unemployment rate.

THE CANADIAN PRESS

Home prices, sales to drop this year: CREA

The price of a Canadian home is expected to decline by eight per cent this year, before rising by about one per cent in 2010, says a forecast by the Canadian Real Estate Association.

"We are caught in a cycle where consumer confidence has been eroded by job losses, and consumer confidence is an essential ingredient for housing sales activity," said CREA president Calvin Lindberg.

Ontario prices are expected to fall to about $279,100, down from $302,354, while British Columbia will see the biggest hit with a fall of 10.9 per cent.

Sales activity is also forecast to fall by 16.9 per cent this year, but realtors are predicting a rebound of 9.9 per cent in 2010, marked by a second-half acceleration based on a recovering economy. TORSTAR NEWS SERVICE

In brief

AUTOMOTIVE Nissan announced 20,000 job cuts yesterday, the deepest among Japan's automakers in battling the global downturn, as it forecast its first annual loss in nine years. Some 12,000 of the job cuts will be in Japan. THE ASSOCIATED PRESS

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

On the web

A reader asks:

"In January, I decided to liquidate most of my RRSP and non-RRSP stock portfolio. After crunching the numbers, total gains minus losses left about a $20,000 loss."

- In these uncertain times, it is not unreasonable for individuals to cash out of the stock market. Henry Choo Chong gives his advice. Read this week's Money Matters column at metronews.ca
- In his Investing column, Allan Small compares different accounts: Investment, RRSP and tax-free savings. Read this week's column at metronews.ca

Love ... for less

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Each February, millions of men around the planet agonize over the details of extravagant dates, in hopes of getting lucky in the love department. Here are some suggestions for dates that are completely free and will help remind you what's really important:

FIRST DATE

Must love dogs

Take the edge off a first date by walking a dog together. Don't have a four-legged friend? Borrow one from a friend, or even better, visit your local animal shelter and volunteer to walk a hard-up pup together.

Reality romance

Plan an evening in and watch the current "it" reality show. To really get into the Valentine's mood we suggest The Bachelor.

DATING

Cheese please

Get onto your favourite specialty store's online newsletter list to receive notice of free events and discounts. Free wine plus free cheese equals great date!

Free tours

Check out a free factory tour. Free tours are offered at a variety of fascinating places. We recommend checking out a brewery and then splitting a pitcher of beer after.

LONG-TERM/MARRIED

House hunter

Plan a driving tour of your favourite neighbourhood, checking out show homes and open houses. Not only with you be able to pick up some great decorating tips but it will also get you on the same page in terms of saving for the future for that dream home.

Heart art

Get cultured and check out art galleries and museums. Check to see if they have a "by donation" night so you can save money on admission.

BOTTOM LINE

Now more than ever, we're realizing that what's really important is not what we spend our money on but how we spend our time.

So put your wallet away and cuddle up close this Valentine's Day!

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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Travel Apr 22 - Apr 30/ts + taxes & fees $430

Vancouver $328
Travel Mar 18 - Mar 25/ws + taxes & fees $112

San Francisco $399
Travel Feb 18 - Feb 25/ua + taxes & fees $257

Buenos Aires $497
Travel Apr 7 - Apr 19/ac + taxes & fees $336

Athens $499
Travel May 10 - May 18/ts + taxes & fees $397

Tokyo $699
Travel Feb 25 - Mar 11/ac + taxes & fees $519

Delhi $899
Travel Feb 24 - Mar 10/uaqr + taxes & fees $363

Holidays

LAS VEGAS $325
Imperial Palace + taxes & fees $230
INCLUDES roundtrip airfare and 3 nights 3-star accom on the Las Vegas Strip. Departs Mar 5/swg/wg. UPGRADE to 4.5-star Monte Carlo from $17 per night. UPGRADE to 5-star Mirage from $34 per night.

Orlando Family Special $310*
Holiday Inn Sunspree + taxes & fees $227
INCLUDES roundtrip airfare, car rental and 5 nights 3-star accom minutes from *Walt Disney World* Resort. Departs Mar 2/swg/wg. ADD 4-Day *Magic Your Way* Base Ticket from $276.

New England Fly & Drive $449
+ taxes & fees $122
INCLUDES roundtrip airfare to Boston and 7-day car rental to explore the New England coast at your own pace. Departs Apr 15/ggv/aa.

Phoenix 5-Star $799
Fairmont Scottsdale + taxes & fees $250
INCLUDES roundtrip airfare and 4 nights 5-star accom. Departs Mar 5/ggv/ac.

Egypt 9 Days $1239
Egypt & The Nile taxes & fees included
INCLUDES all accom, transportation on private first-class motorcoach and Nile cruise ship, most meals, tour leader and local guides on this 9-day group tour of Egypt and The Nile. HIGHLIGHTS Cairo, Great Pyramids and Sphinx in Giza, Temple of Karnak and Valley of the Kings in Luxor. Departs Apr 24/ctk.

Cruise Holidays

MIAMI CRUISE & STAY $919
Majesty of the Seas + taxes & fees $190
INCLUDES roundtrip airfare to Miami, 4-night Royal Caribbean cruise that visits Nassau, Coco Cay & Key West and 2 nights 3-star accom at The Colony Hotel in South Beach. Port charges included. Departs April 20/ggv/aa.

Alaska 7 Days $519^
Carnival Spirit + taxes & fees $94^
INCLUDES 7-day Carnival cruise, onboard meals & entertainment. Sail from Vancouver to Anchorage and visit the Inside Passage, Ketchikan, Juneau, the Lynn Canal, Skagway, Sitka, the Prince William Sound and the College Fjord. Port charges included. Sails May 13.

Southern Caribbean 7 Nights $639
Adventure of the Seas + taxes & fees $40
INCLUDES 7-night Royal Caribbean cruise, onboard meals & entertainment. Sail roundtrip from San Juan and visit Barbados, St Lucia, Antigua, St Maarten and St Croix (US Virgin Islands). Port charges included. Sails Sep 27.

Mediterranean 7 Nights $659
Voyager of the Seas + taxes & fees $87
INCLUDES 7-night Royal Caribbean cruise, onboard meals & entertainment. Sail roundtrip from Barcelona and visit Naples, Rome, Florence, Nice and Marseille. Port charges included. Sails Nov 15.

All-inclusive Holidays

PUNTA CANA 4-STAR $767
Grand Paradise Bavaro + taxes & fees $316
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Mar 5/sqv/5g.

Varadero 4-Star $717
Oasis Turquesa + taxes & fees $199
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Mar 6/sqv/5g.

Puerto Plata 4-Star $727
Riu Mambo + taxes & fees $316
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Mar 5/sqv/5g. ADD white water river rafting on Yaque del North River from $123.

Puerto Vallarta 4-Star $727
Plaza Pelicanos + taxes & fees $267
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Mar 6/sqv/5g.

Bahamas 4.5-Star $767
Riu Paradise Island + taxes & fees $238
INCLUDES roundtrip airfare, transfers and 4 nights 4.5-star all-inclusive accom. Departs Mar 8/sqv/5g.

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Scolari canned
Luiz Felipe Scolari was fired as Chelsea manager yesterday, after just seven months on the job for the English soccer power. Chelsea has dropped 16 points at home this season and currently sits seven points behind Manchester United. METRO NEWS SERVICES

Sports

No chicken with his ribs?

The Pittsburgh Steelers said that they were unaware Ben Roethlisberger played the Super Bowl with two broken ribs, as the quarterback told Sports Illustrated yesterday. Roethlisberger said he knew something was wrong during the week before the game, that he played through the pain and that the injury was only detected in an MRI he had last week.

METRO NEWS SERVICES

EDITOR: JOHN CHICK, JOHN.CHICK@METRONEWS.CA

'I'm guilty'

Alex Rodriguez admitted yesterday to using banned drugs, the biggest name yet to acknowledge he couldn't resist the temptation to juice up during baseball's Steroids Era.

JIM MCISAAC/GETTY IMAGES

Alex Rodriguez admitted to using performance-enhancing drugs during an ESPN interview yesterday.

The all-star third baseman said in an interview with ESPN that he used steroids with the Texas Rangers for three years, from 2001-03, in an attempt to justify his status as the game's highest-paid player after signing a 10-year, $252 million US contract.

"Back then it was a different culture," Rodriguez said. "I was young. I was stupid. I was naive, and I wanted to prove to everyone that, you know, ... being one of the greatest players of all time."

He said he quit after 2003, his first of three AL MVP seasons, because "I've proved to myself and to everyone that I don't need any of that." He was traded to the New York Yankees before the 2004 season.

The admission came two days after Sports Illustrated reported on its website that Rodriguez was among 104 names on a list of players who tested positive for steroids in 2003, when testing was intended to determine the extent of steroid use in baseball. The results weren't subject to discipline and were supposed to remain anonymous.

Rodriguez said he alone was to blame, but then accused one of the Sports Illustrated reporters who broke the story of collecting "nonsense."

"When I arrived in Texas in 2001, I felt an enormous amount of pressure. I felt like I had all the weight of the world on top of me and I needed to perform, and perform at a high level every day," Rodriguez said.

"And I did take a banned substance and, you know, for that I'm very sorry and deeply regretful. I just feel that ... I'm just sorry ... I'm sorry for my fans in Texas."

Rangers owner Tom Hicks said the admission caught him by surprise.

"I feel personally betrayed. I feel deceived by Alex," Hicks said in a conference call. "I certainly don't believe that if he's now admitting that he started using when he came to the Texas Rangers, why should I believe that it didn't start before he came to the Texas Rangers?"

The 33-year-old Rodriguez ranks 12th on the career list with 553 homers, including 52, 57 and 47 in his three seasons with the Rangers. He sits 209 behind Barry Bonds' record 762.

"It was such a looseygoosey era. I'm guilty for a lot of things. I'm guilty for being negligent, naive, not asking all the right questions," Rodriguez said. "And to be quite honest, I don't know exactly what substance I was guilty of using."

Yesterday's interview directly contradicted a December 2007 interview with CBS's 60 Minutes, when Rodriguez said "No" when asked if he had ever used steroids, human growth hormone or any other performance-enhancing substance. THE ASSOCIATED PRESS

Obama reacts

- U.S. President Barack Obama said last night that Rodriguez's admission was "depressing news on top of what has been a flurry of depressing" developments.

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Adviser advice

You should make an appointment to review your investment account with your adviser at least once a year. Tell your adviser if your personal or financial circumstances have changed. Major life changes include marriage, divorce or the birth of a child. NEWS CANADA

RRSP Guide

Know your comfort zone

Your investment strategy will be affected by the way you feel about risk (your risk tolerance), your personal and financial situation and your goals. Be sure to talk to your financial adviser and determine a suitable risk level for your investments. NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

To cash out, or not?

ROBYN YOUNG
for Metro Canada

Sometimes, cashing out RRSPs is the only way to go to finance a small business startup, says a Toronto-based entrepreneur.

Evan Carmichael, of evancarmichael.com — which is dedicated to helping entrepreneurs grow their business — says it's becoming increasingly difficult to get money from the bank to start a business.

"So quite a number of entrepreneurs do actually cash out some RRSPs because they have no other option," he said.

The 29-year-old, who has a decade of experience with small business startups, said if that's your only option, it's not the worst thing you can do.

"If you earn $10 of interest on an RRSP, you have to report that on your income tax." Paul Woolford, KPMG Enterprise

"The business itself can become a great little nest egg for yourself and your retirement," he said.

Jeff Moulden is in the midst of starting up a home renovation business called HJM Home Improvements and recently cashed out about $10,000 of his RRSPs in order to build a shop in his garage.

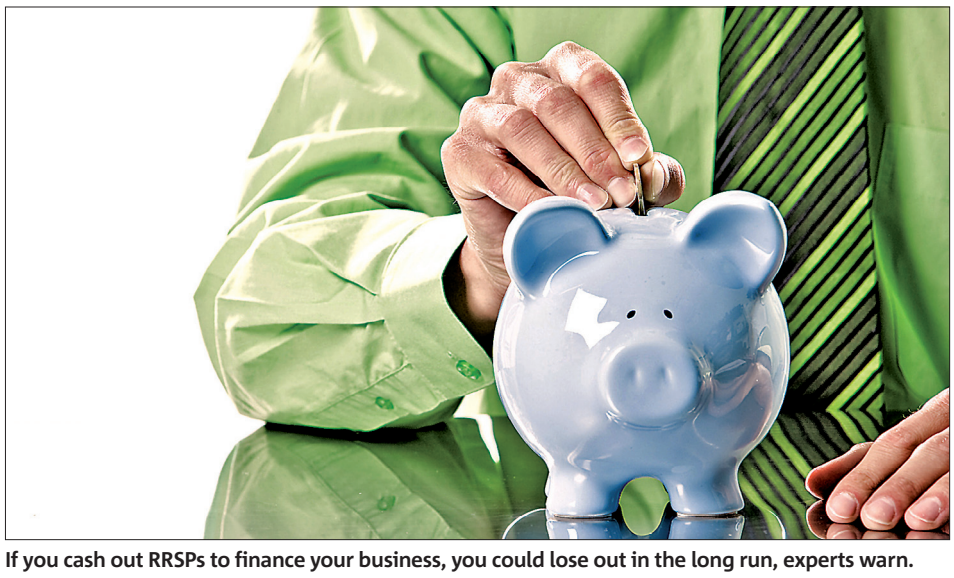
He said losing some of the money to taxes was a consideration but it was a "necessary evil" — something he felt he had to do.

"It's my money and rather than going further into debt, I thought I'd just capitalize on some of my retirement savings; I'm building this business for (retirement) anyway," he said.

Paul Woolford, tax partner with KPMG Enterprise, says anyone considering cashing out RRSPs needs to be aware that they could lose a sizeable amount.

"If you take out $10,000 to help finance your business, depending on what tax bracket that individual is in — let's assume that person's in the highest tax bracket — roughly half of that $10,000 would be taken back," he said.

Basically, the higher the tax bracket and the more money cashed out, the more that will be lost.



If you cash out RRSPs to finance your business, you could lose out in the long run, experts warn.

Woolford recommends leaving money in RRSPs until retirement and finding other means of financing a small business, such as third-party loans or personal savings if they're available.

He also recommends investing money in the new tax-free savings account.

"If you earn $10 of interest on an RRSP, you have to report that on your income tax, unlike the tax-free savings account," he said.

"You can take it out and you can actually put it back in the following year."

Once a small business is up and running, however, investing in RRSPs is essential, said Carmichael.

Putting money into your RRSPs lowers your taxable income, which can keep you in a lower tax bracket and help you save at tax time.

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Investing tip
Before you invest your RRSP money, ask your adviser to explain your options and learn how each investment works. **NEWS CANADA**

If you haven't reached your RRSP contribution limit, you may want to take out a loan to top it up.

Borrowing to invest

JON TATTRIE
for Metro Canada

Borrowing money to invest can be a good strategy, but experts say you'd better know your stuff, or you could end up in a bad financial situation.

The government sets a limit to RRSP contributions and if you haven't reached it, you might consider taking a loan to top it up.

Talbot Stevens, a financial expert specializing in leveraging, explains it heightens potential reward but also danger, as you could lose money in your investment and have to pay back the loan.

"You're magnifying your financial results, both good and bad, and you're magnifying your emotional situation," Stevens says.

But leveraging, or a "forced savings strategy," can work. "Once you make that one-time decision, you don't really have any choice but to continue to execute that plan."

Because of that, you should only commit to a plan you can follow in the worst of times. If it's done right, borrowing to invest in your RRSP can be like borrowing to invest in your house via a mortgage. If you borrow to invest, long-term planning RRSPs are the way to go. "When people borrow to invest outside of RRSPs, too often they are getting greedy and want to make a lot of money fast."

That leads to shortcuts and ill-informed decisions.

Patricia Lovett-Reid, senior vice-president at TD Waterhouse, sounds a more cautious note. The risk is getting caught in a volatile market during a margin call. A margin is collateral that the holder of a position in securities, options, or futures contracts has to deposit to cover the credit risk of his lender (for example, your broker).

"Responding to a margin call and being sold out of a position at exactly the inopportune time suggest that you really do need to have the cash. Not just for the interest requirements, but also to satisfy a margin call in the event the stock turns against you," she says.

You have to really know what you're doing before borrowing to invest is a good idea, she said. "Proceed with caution. It is such a legitimate investment strategy, but it's not for the novice."

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on March 10.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Good food on the go

CHELSEA MIYA
for Metro Canada

Student life could be taking a toll on your health.

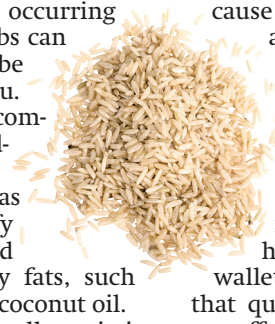
It's no surprise, given the many years of bleary-eyed, sleepless nights spent poring over textbooks and typing up last-minute assignments, a cup of stale coffee at your elbow and a half-eaten pot of Kraft Dinner on the stove.

One of the major culprits is packaged and processed foods.

"Students eating on the run are going to go with what's cost-effective and, typically, that's fast food: Bagels, burgers, French fries, chips and pop," said Judy Chambers, a registered nutritionist and certified personal trainer based in Vancouver.

"It's quick and easy, but the price you're going to pay down the road is huge."

According to Chambers, naturally occurring fats and carbs can actually be good for you. She recommends good-quality carbs, such as dark leafy greens, and good quality fats, such as butter or coconut oil.



"You're really missing the boat when you just focus on trans fat," she said. "The real danger is polyunsaturated fat from the vegetable oil found in packaged foods," she says. "The process of high heats and chemical solvents causes free radicals to be released, which attack healthy tissues. This is especially dangerous for students because (their) hormones are changing. (They are) at an active time in (their) life."

Snacking on processed foods not only takes its toll on your health, but your wallet, too. Instead of that quick bowl of cereal or coffee and a muffin, go for a hot breakfast of porridge. A large bulk bag of oatmeal only costs about $2.50 and can last for weeks. If you're worried about the morning rush to class, soaking the oatmeal overnight cuts the cooking time in half.

"If you start the day with cereal, you're going to be hungry in less than half an hour because it's just flour and simple sugar," said Chambers, who recommends sitting down for at least one good meal a day.

By focusing on staples such as oatmeal and brown rice, Chambers says students can easily cut their grocery bills in half.

Another tip: Instead of instant noodles, make a large pot of hearty vegetable soup or stew that will last you for the week.

Leafy greens and brown rice can be healthy options for students.

Healthy options when eating out

- **With $20:** Go with a stir fry or curry. Curries are packed with vitamins and antioxidants, which give it that rich yellow colour. It's filling and cost-effective.
- **With $10:** Try a whole-wheat wrap or a pasta dish. Pasta is a much better choice than a sandwich or a burger on a white bun.
- **With $5:** For hungry students, a bowl of soup is heartier and more filling than salads.

– CHELSEA MIYA/ FOR METRO CANADA

Exercise 'promotes social support system'

RAFAEL BRUSILOW
for Metro Canada

Higher education is great for exercising your brain — but don't forget to work out your body, too.

Fitness and recreation programs, often found in abundance at any university or college campus, can offer a fun and effective way to stay healthy and keep your energy levels up in the classroom.

"Fitness definitely translates into the academic setting. You'll be more aware, more awake and more alert," said Jill Cressy, an assistant program manager who oversees fitness, dance and martial arts classes at the University of Toronto.

Cressy says intramural sports teams and fitness classes aren't just for athletes, and most schools across Canada offer a wealth of programs ranging from casual to advanced levels.

If you do join a program, don't neglect weight and strength training because they are crucial in helping develop your body's general health.

Michael Eagles, athletics director at St. Thomas University in Fredericton, N.B., says while losing weight is one obvious effect of exercise, the ultimate goal of any fitness program should be overall health.

"Losing weight is a benefit when you start, but you should do it because you want to live a healthy lifestyle. Exercise leads to an overall improvement in your outlook and your well-being. People who exercise feel better day in and day out," Eagles said.

Dr. Tish Doyle-Baker, an associate professor at the University of Calgary who researches health issues, says one overlooked benefit of joining fitness and recreation programs is the shared support they provide.

"Exercise really promotes a social support system — other people are there and they offer encouragement and you offer encouragement back," Doyle-Baker said.

Whether it's joining a volleyball intramural team, a morning jog club or taking yoga classes, Doyle-Baker suggests making use of all the fitness resources your campus has to offer in a way that excites you.

"Get out there and do something you really like," she said.

Students should make use of the fitness resources available on campus for their overall health and well-being, experts suggest.

Cressy agrees, adding that choosing activities which you find fun often makes the biggest difference in whether you'll keep exercising.

"When it comes to sticking to a program, it's really about finding something that's fun and joyful. When it has those elements of fun and joy, people are more likely to stick with it," Cressy said.

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on March 10.

Competition focuses on city's young chefs

NOELLE MUNARETTO
for Metro Canada

The pans will be sizzling, the whisks will be whizzing and the heat will be building as budding young chefs from across the province face-off for George Brown College's annual Chefs in the City event.

High school hospitality students practise the recipes months in advance before donning their chef whites to compete in either culinary, pastry or Whiz Kid categories.

Up for grabs is $60,000 worth of George Brown scholarships, and the chance to run a lunch or dinner service at the college's brand-new restaurant, The Chefs' House.

Chef John Higgins, director of the George Brown chef school, says every year, as students get better, their desire to win gets stronger.

"The intensity of the young students really struck me," says Higgins. "They want the bragging rights and the teachers coaching them are coaching them well."

> **"It actually trains the students properly, so they're coming into the field with the right impression."**
> Robert Rainford, chef

Though Chefs in the City is in its eighth year, Higgins says the competition's goal remains the same.

GEORGE BROWN PHOTO

Ian Campbell, third from left, and his teammates took home first place in the culinary category.

"For me, it's about getting them interested in the food service business," says Higgins. "It's that practice level and the skill level they need."

Food Network Canada celebrity chef Robert Rainford also says Chefs in the City gives students a taste of kitchen realities.

"This program really focuses the kids who are going to get into the culinary field," says Rainford, who has been one of the competition's judges for four years. "It actually trains the students properly, so they're coming into the field with the right impression."

Rainford, who teaches a food theory course at George Brown, adds that teamwork and passion are essential ingredients in a recipe for Chefs in the City success.

"What I like to see is that bright-eyed, bushy-tailed, 'I can' attitude," he says.

Ian Campbell is a student at Danforth Collegiate and Technical Institute who knows all about the importance of teamwork. Last year, he took home first place with his three teammates in the culinary category.

"Cooking is just fun for me," says Campbell. "And when I get into a competition it brings a challenge. It's exciting."

This year, Campbell will compete in the Whiz Kid category, where he will go up against 25 other students in an egg dish cook-off. He says practice is key.

"You never really know if you're going to do it properly when it's time to do it," he says. "I didn't win Whiz Kid last year, so this year I want to see if I can."

In the meantime, Campbell will continue his co-op placement at Toronto's Hôtel Le Germain before he applies to a post-secondary hospitality program.

"Chefs in the City I can definitely put on my resumé, or on my cover letter to George Brown," he says.

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on March 10.

A piece of Cake

Starting her own business worth it: Reier

RAFAEL BRUSILOW
for Metro Canada

Heather Reier believes you should indulge your beautiful side like you would savour a decadent piece of cake.

Seven years ago, the 34-year-old president and founder of Cake Beauty Inc. took her love for beauty products and built a successful brand noted today for its high quality and fresh style.

Reier previously managed a hair salon and later worked at the head office of Roots Canada, all the while nurturing her own entrepreneurial spirit. She started Cake Beauty once she realized she could offer something new to the beauty product market by combining the effectiveness of farmer's-market-style beauty products with high-quality ingredients and a fun, sassy attitude.

"The difference between people who are successful and those who aren't is resilience." Heather Reier

Reier knew from an early age she was destined to be an entrepreneur.

"I've always been driven, even as a teenager. I knew I had it in me before I took the plunge with Cake Beauty," the Kitchener-Waterloo native said.

She started out by turning her kitchen into a mad scientist's lab full of beakers, bottles and blenders, teaching herself how to create emulsions and mix creams from scratch. The business grew quickly, doubling every year for the first few years and forcing Reier to learn a crucial lesson: Delegate.

"To be able to step back and let go of certain details — that was a challenge. I'm very hands-on, I want to be close to every detail," Reier said.

Like many successful entrepreneurs, passion has always been Reier's driving force.

"I've always had a lot of passion for what I've done. If you have the passion, the money will follow, I really believe that," Reier said.

The ability to pick herself up and keep going after the failures and setbacks any small business is bound to encounter is another of Reier's strongest qualities, proving to her that perseverance is something any entrepreneur should embrace.

"I really believe the difference between people who are successful and those who aren't is resilience.

"If you don't have resilience, you're never going to make it," Reier said.

While today's market is a challenging environment to start a business in, Reier says the time is always right to plan a blueprint for your future.

"It's a great time to get a business plan and ideas together. Do your research and get the wheels moving now. However much time and money you think it's going to take, double it," she said.

RAFAEL BRUSILOW/FOR METRO CANADA

Do your research before starting your own business, says Heather Reier, president and founder of Cake Beauty.

Entrepreneurship a viable option, expert says

When Paul Maxwell is bartending, it never fails to surprise customers that the 24-year-old has more responsibility than just mixing cocktails.

Last year, he traded in jockeying for junior positions for being his own boss, and opened Maxwell's Music House in Waterloo.

"Every once in awhile someone will say, 'So, who owns this place?' And I'll be standing behind the bar and I say, 'Me,' and they're like, 'No way!'" he says. "It's kind of fun just to hear people's reactions."

Joining the ranks of entrepreneurship is a commitment that takes hard work, but it's a viable option for young people faced with limited work options in an unfriendly economy, says one business expert.

"The economy is slowing down and people are seeing opportunities to get into the market at a time when it is a lull," says Vivian Prokop, CEO of the Canadian Youth Business Foundation, a charity offering mentors and loans up to $15,000 to would-be entrepreneurs 18 to 34.

NATHAN DENETTE/THE CANADIAN PRESS

Chantell Kempijan, 19, owner of NDulgence Salon and Spa.

Under a recent partnership with the Business Development Bank of Canada, applicants can also qualify for an extra $15,000.

"The good news about young entrepreneurs is they tend to be more apt to take risk because they don't potentially have the mortgage, and all those material things," adds Prokop.

About an hour's drive away in Hamilton, 19-year-old Chantell Kempijan is keeping the books at NDulgence Salon and Spa, which she opened in April.

A high school graduate, Kempijan doesn't have any post-secondary training in business, but she learned all she needs to know while working at a salon her mom used to own. After it closed, Kempijan opened her own spot and hired many of her mother's former employees.

"It was a little bit weird when I first started, I was worried they wouldn't take me seriously," she says.

But as a new entrepreneur, Kempijan was faced with another hurdle: Getting money.

"No one wanted to give me a loan because I was only 18. I didn't have much credit. I had a Visa, but it wasn't enough," says Kempijan, who contacted the CYBF and obtained a private loan to make up the nearly $90,000 she needed.

That's often the challenge, says Prokop. Some home-based businesses can be started on as little as $15,000. Others require deeper pockets.

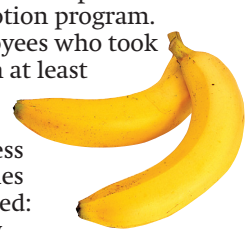
"Getting that critical start-up funding is difficult in a normal economy. In a retracted economy, it's so much more difficult."

THE CANADIAN PRESS

Workplace wellness boosts health

A recent Canadian study demonstrates that workplace wellness programs cannot only improve employee health, and decrease absenteeism and job turnover, but can also improve the overall work environment.

The study surveyed 270 employees who participated in a three-year, comprehensive workplace health promotion program. Employees who took part in at least three of six wellness modules reported:



- They increased their physical activity level to five days a week or more.
- They ate more fruits and vegetables, and felt that the program had a positive impact on the work environment.

The average annual turnover rate decreased by 54 per cent and absenteeism dropped by 28 per cent during the program. The proportion of employees who reported high or very high levels of workplace stress decreased, while the proportion reporting low or very low levels, rose.

In addition to the improvement of relationships and work performance, employees who exercise have fewer sick days.

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Art, science combine for craft brewer

Name: Adrian Popowycz
Years of experience: 5 in present position
Occupation: Brewmaster at Black Oak Brewing

Q Describe some of the ideal qualities a person should have to succeed in your industry?

A You need to love beer in all of its forms and styles. Be creative, artistic with a sensitive palate and keen sense of smell while also being a detail-oriented, clean freak. Also, it helps to be flexible and adaptable, as plans often change on a dime.

Q How did you get started in your industry?

A I wanted to pursue a brewing career straight out of high school, but sadly, at the time there were not a lot of craft breweries in business. My academic adviser suggested I apply for work at one of the major breweries, but without an inside connection, it was difficult to find a position.

Instead, I pursued a master's in chemistry, which led me to a career in biotechnology in California. I still held a passion for beer, however, and eventually decided to go back to school to follow my dream.

I attended the renowned VLB Brewing School in Germany and received my Brewmasters Diploma.

My career detour turned out to be right up my alley, as brewing beer is the oldest form of biotechnology.

Still undecided as to which country to begin my new career in, I went home to visit family in Toronto, attended the Fort York Festival of Beer and met Ken Woods, owner and founder of Black Oak Brewing Company. The rest, shall we say, is history.

Q What do you like most about your job?

A I love creating great-tasting, award-winning craft beers using all natural ingredients! Is there a finer job out there?

It is truly rewarding to be able to apply my scientific skills to a creative process. It's almost a Zen thing.

Adrian Popowycz, brewmaster at Black Oak Brewing.

Q What kind of background, either educational or other, best suits someone starting out in your industry?

A In North America, craft brewers come from a wide variety of backgrounds. The most successful ones have some form of science background, such as chemistry, engineering or biosciences.

It helps to have a creative or artistic side as brewing is an amazing combination of art and science.

Q What are the challenging aspects of your industry?

A As a craft brewer, one of our biggest challenges is to convince people to be adventurous and explore the unique and tasty products produced by Ontario Craft Brewers.

We don't have the marketing clout of the majors, but we do offer an amazing variety of locally produced beer, providing local jobs, which in turn benefits local communities.

Q For newcomers to the industry, what tips would you offer them?

A A good place to start is home brewing, just to get the feel of the process. You should always look for ways to improve your knowledge and experience. There are many web-based and "live" tools available. Go visit Ontario's craft breweries and talk to the brewers. Check out the many websites and blogs devoted to craft brewing.

Volunteer to help a brewery at festivals or on packaging days to gain some ideas of the trade.

Opportunities can pop up literally anywhere so be flexible as to where you might live/work.

And lastly, don't be afraid of getting wet.

Industry411
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Clubs can beef up resumé

GetSmart

Tracy Rogers
tracy.rogers@senecac.on.ca

Often at school, there are clubs, organizations and recreational activities. Students are encouraged to get involved in these extra-curricular activities for the social aspect, but many don't realize how beneficial it can be for future employment opportunities.

Whether it is student council or diversity awareness groups, the skills you learn by participating in these activities will provide you with tangible competencies employers expect in a new employee.

Studies reveal leadership, conflict resolution, advocacy, networking, communication, interpersonal and computer skills are the most sought-after attributes. By joining school clubs, you can gain the experience and skills you need to succeed in the job market. Plus, you will have fun and meet new people.

For example, if you decide to join student council and one of your duties is to host an event during orientation week. This event requires you to meet and greet new students, host a bingo game and offer prizes. Completing these tasks requires extensive planning and preparation. After a successful event, the skills you have used and developed can now be captured on your resumé like this:

- Created, planned and executed educational and recreational activities across the campus.
- Effectively managed operational budgets.
- Developed and created promotional material.
- Worked closely in a team environment.
- Selected to act as a school representative and accurately answered new student questions.

There are many skills you can develop from school groups; some groups even offer students access to free training, networking events or conferences. Below are additional statements you may be able to add to your resumé:

- Participated in specialized workshops on professionalism, conflict resolution and advocacy.
- Demonstrated multi-cultural awareness and sensitivity by professionally interacting with a diverse population.
- Trained and co-ordinated a team of student leaders in school specific policies and procedures.

Some schools offer a formal document that captures the skills you develop by participating in activities outside of the classroom. This document is designed to recognize the leadership experiences and campus involvement you have attained during your academic career.

In order to capture the attention of future employers, you need to show you have already developed workforce skills and abilities. Do not wait until after graduation to focus on obtaining important hands-on skills; start now.

Tracy Rogers is the Career Services Co-ordinator for Seneca College, Seneca@York Campus.

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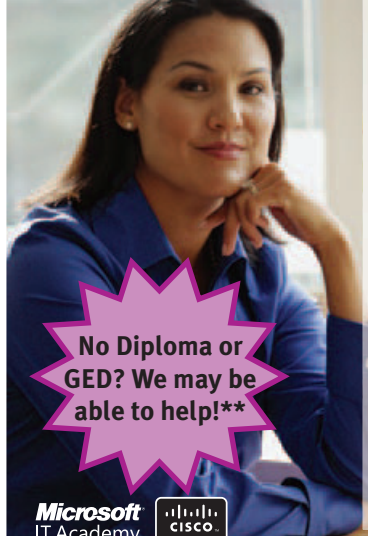

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on March 10.

OCAD targets professionals

ERIC EMIN WOOD
for Metro Canada

Before coming to OCAD, Robert Saxon was co-chair of a graduate program in advertising at Syracuse University.

"Nobody worked as a team," he says when asked why he left. "Everybody worked as an individual, and that was fine 20 years ago, but the market has changed."

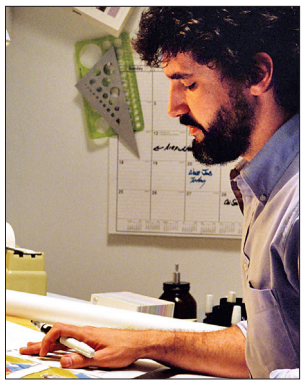
Saxon is the director and co-creator of the new executive master of design in advertising (EMDes) program at OCAD. The EMDes is unique among advertising master's programs because it allows students to remain at work while taking classes. Also, unlike most master's programs, students must have at least four years of on-the-job experience to apply.

The program is based on a simple philosophy: "To be a successful leader in tomorrow's industry, you need to be more multifaceted and holistic in your approach," Saxon says.

To that end, students are recruited from varying disciplines in the advertising industry. The original class included a marketing director, research analysts, designers and "company owners who wanted to refresh their thinking," says Saxon.

"We put those people into teams, and each team was composed of people with different expertise," he says. "And as a result of working together, they were able to see the perspective of another person they normally wouldn't be involved with."

The program consists of three two-week sessions for three consecutive summers, on the OCAD campus; one two-hour class every two weeks, for two consecutive semesters; and what Saxon calls a "strong international component."



Students must have job experience to be eligible for the master of design in advertising program at OCAD.

"During the two years students visit six international locations for presentations by agencies they've always dreamed of joining," he says. "Those will be in places like London, Amsterdam, Buenos Aires, Shanghai."

Feedback has been excellent. "The students, who are heavy hitters in many cases, really love the program," says Saxon.

Fitness program a hit at Humber

EVA LAM
for Metro Canada

It wasn't too long ago that Lindsey Bradbury was working up a sweat at Mind to Muscle in Barrie under the watchful eye of a fitness trainer.

In September, the student became the teacher as Bradbury started a 14–week internship at the athletic conditioning centre as part of her studies in Humber College's fitness and health promotion (FHP) program.

"I would help clients and take them through their workout program," says the soon-to-be graduate, whose goal is to work as an athletic therapist. "It was a very good place to learn lots of new exercises and gain experience working with the general population and athletes and sports teams."

That type of hands-on activity is part of what makes Humber's program so appealing to students, according to fitness and health program co-ordinator Denise Gardner. The FHP program is the largest of its kind in Ontario, with first-time enrolment in the program jumping to 255 this year from 145 last year.

"I think people are really appreciating the importance of physical activity and physical fitness in their lives," says Gardner.

A key component of the program are two work placements students must complete. An off-campus internship is preceded by an on-campus internship, where students train staff members and faculty twice a week for 15 weeks.

Ninety-six per cent of Humber's FHP students are hired in their field within six months after graduation, according to Gardner. Qualified graduates are also given the option of applying their diploma toward a Bachelor of Applied Science program in kinesiology at the University of Guelph-Humber.

The demand for hands-on skills prompted Humber to introduce a post-graduate certificate program in September.

Erin Leveille came to the two-semester program with an undergraduate degree in psychology and hopes to apply the sum of her education as a life coach. "I felt that I had the theory with the psychology, and this program would give me the practical science aspect to exercise and physical activity," she says.

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Metro Workology exclusive: Matters of the Heart
Don't miss Matters of the Heart, Metro's exclusive feature series in the Workology section. There are jobs to be had that focus on falling in love, falling out of love and everything in between; we will be digging up the stories for you, so check for Workology on Mondays, Tuesdays and Wednesdays and Metronews.ca/work as well.

Workology

Best lecturers named

TVO announced recently the top 10 competitors in its Big Ideas Best Lecturer contest. Given the wide range in academic disciplines among the finalists, this year's competition "will definitely be one to watch," TVO says. The remaining contenders include four professors from the University of Toronto. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Be florally creative

Check out Poppies on Queen West for Valentine's

Matters of the Heart

NOELLE MUNARETTO
for Metro Canada

Ordinarily, roses are red and violets are blue, but if you're getting an arrangement from Laura Tarbat's flower shop, be prepared to expect anything but the ordinary.

Tarbat's Queen West floral boutique, Poppies (1094 Queen St. W.), has become famous across the Greater Toronto Area for offering customers unique designs, rare buds and contemporary style.

"Our clientele is fairly young and not too traditional," says Tarbat. "They know they're going to get something really interesting and sexy. Not just 12 red roses."

Before Poppies, some of Tarbat's hand-designed bouquets also graced the dressing rooms of Elton John and Sophia Loren. And then there was Barbara Streisand. Babs liked Tarbat's work so much she even requested the bouquet be brought back to her hotel. But Tarbat, a 17-year veteran of the floral trade, insists things have come a long way since those early days of her career. With greater flower availability, a more fashion-conscious generation and floral design being recognized as an art form, Tarbat says she sees more young people attracted to the profession.

"The flower business itself seems to be getting younger, more exciting and more creative,' says Tarbat. "I just feel fortunate that I found my passion."

For Tarbat, the path to Poppies was anything but ordinary too. As a 20-something she began working in corporate communications, and later directed videos for companies like Proctor and Gamble Inc.

"Then I kind of cracked, I had had enough," says Tarbat. "I'd always wanted to be in the flower business."

One of her friends had a flower shop and offered her a paid job. From there, she began apprenticing under a well-known designer who taught her everything she needed to know about flowers.

"But for me it's just intrinsic. It just comes from inside of me," adds Tarbat. "Once I got over being nervous about all the flower names I just realized I loved all the flowers and shapes and directions."

"But for me it's just intrinsic. It just comes from inside of me. Once I got over being nervous about all the flower names I just realized I loved all the flowers and shapes and directions."
Laura Tarbat

Then in 2002, after spending many years designing at another popular Toronto store, Tarbat decided to branch out and open her own shop.

"I was confident that my personal design style was developed enough that it would catch on," she says.

Now that she has complete creative freedom at Poppies, Tarbat incorporates unlikely mediums into her arrangements. Fuzzy pampas grass, miniature bulrushes and preserved mushroom caps are all signs of a Poppies design. So is any combination of pink and orange — Tarbat's two favourite colours.

For those starting out in the business, however, Seneca College's floral design program coordinator, Marianne Suess, insists that all wannabe florists need to first master the basics.

"They start with round and one-sided arrangements," said Suess. "And basic flowers like carnations, mums and daisies."

The 30 students of this one-year program then spend the second semester studying botany, mastering florist theory and gaining field work experience in shops like Poppies.

"This is an industry where you need to repeat and practice as much as possible," says Suess. "It's like an artist. It doesn't happen overnight."

NOELLE MUNARETTO/FOR METRO CANADA

Mastering the basics is key to being a great florist, says Marianne Suess of Seneca College's floral design program. Seen here is floral designer Laura Tarbot's flower shop, Poppies, on 1094 Queen St. W.

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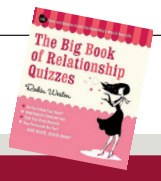

Quiz yourself and your relationships

Just in time for Valentine's Day, Robin Westen releases The Big Book of Relationship Quizzes, $12.95. The 100 tests and quizzes can reveal how you relate to lovers, friends, family, neighors and colleagues. Available at chapters.ca or Amazon.ca. **METRO NEWS SERVICE**

Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

The heart truth

- A U.S. survey of 500 women in 2006 revealed that while 99 per cent realize heart disease is the number one killer of women, only 13 per cent said they themselves are at risk.

Got heart ... health?

Four lifestyle changes that will help strengthen your ticker

CELIA MILNE
for Metro Canada

Valentine's**Day**

Before you give your heart away for Valentine's Day, stop and think: Is it a healthy heart?

Boosting our heart health is something we can all do with lifestyle changes, says Dr. Suzanne Steinbaum, attending cardiologist and director of Women and Heart Disease of the Heart & Vascular Institute of Lenox Hill Hospital in New York City.

But first we have to recognize our power.

"Heart disease is one of the few things that is preventable. Three-quarters of the time it is caused by lifestyle factors such as high blood pressure, high cholesterol, smoking, obesity, and stress," says Dr. Steinbaum, adding, "Family history you can't change, but the other factors you can."

No one is immune, according to Dr. Steinbaum. "The message is this: If you have a heart, you are at risk for heart disease."

Besides the most obvious health improvement — quitting smoking — Dr. Steinbaum says there are four lifestyle changes we should all make. Valentine's Day is a great time to be good to your ticker. And, besides, February is heart health month.

- Eat foods that lower your "bad" cholesterol. "Start your day by eating soluble fibre, such as Kellogg's Guardian cereal," says Dr. Steinbaum, who is also a spokesperson for Kellogg's. "Something that simple can lower your chance of heart disease by 20 per cent," she adds. Eat lots of fruits, nuts and fish. They are full of omega-6 fatty acids.
- Get your heart rate up for 30 minutes a day. This can be done in 10-minute increments. Dr. Steinbaum says you don't have to join a gym to get enough exercise. In fact, she says, you don't have to spend any money at all. You could do jumping jacks, skipping, running up and down the stairs, or even a brisk walk with the dog.
- Manage stress. Protect yourself by adding some "you time" during the day – to exercise, meditate, listen to music, or whatever turns you on.
- Build a social support system.

"These four things are the nuts and bolts of what it takes to lower heart disease risk — as well as not smoking," says Dr. Steinbaum. "Together, they have a significant impact."

Celebrate heart health month by lowering your "bad" cholesterol.

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Love on the big screen

Rom-coms can create unrealistic expectations

The J Spot

Josey Vogels

Sex talk with Josey

TORSTAR FILE PHOTO

According to a new study, watching popular romantic comedies like Serendipity (pictured) will likely have you believing in fate.

Psychologists studied students watching 40 top box office hits like You've Got Mail, Serendipity and While You Were Sleeping and found that they were more likely to believe in fate, destiny and predetermined love.

What? Watching romantic comedies sets up unrealistic expectations when it comes to love? Not exactly shocking, I know, but still worth reminding ourselves of at this time of year, when Valentine's Day sets up higher than usual expectations in the romance department. We hardly need movies adding to the pressure.

While, according to the study, romantic comedies would have us believe that if someone is meant to be with you, they should know what you want without you having to tell them, I would hardly stop there. According to my own informal observations, romantic comedies would also have us believe:

- The more you hate someone, the more different the two you are, the more your family hates your date — basically, the more you have going against you when you meet — the greater the chance you'll end up together.
- Your partner ultimately knows what to do or say at precisely the right moment.
- Your partner is always in the mood for sex when you are.

Valentine's Day

- Great sex just happens without planning or communication and no one ever gets a leg cramp ... or passes wind.
- Even if you look like Jack Nicholson, you can date someone less than half your age.
- Relationship problems can be resolved within two hours after which we'll all live happily ever after.

Most of us know these movies are unrealistic and we wouldn't want it any other way.

Romantic comedies are meant as an escape from reality, an opportunity to bask in a world of happily ever after where love conquers all. But when it's 4 a.m., the baby's awake and crying, you haven't slept in three days and the house is a mess, love may feel a little overwhelmed by the task of conquering all.

And I know that "Communication Conquers All" isn't quite as romantic sounding, but it's a more realistic place to start. Combine that with regular tolerance, kindness, understanding and some good old fashioned "grinning and bearing it" and you at least stand a chance at putting a dent in, if not completely conquering, most of what comes at the two of you.

In fact, for one tired mom friend of mine, her idea of romance is having her husband get up and change a poopy diaper at 3 a.m. ... for the fourth night in a row. Hardly the stuff of movie romance but for her right now, a gesture much more meaningful than flowers or candy.

Happy Valentine's Day!

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Hub of a social wheel? It's in your genes

CELIA MILNE
for Metro Canada

Connecting friends with one another is a genetic trait, says a study.

GENETICS Do your friends all know each other? Researchers in the U.S. have found that how interconnected your friends are to each other, depends on your genes. Some of us introduce our friends to each other, and some of us isolate friends from each other. These tendencies are genetic.

Researchers in Boston and California have previously found that obesity, smoking and happiness spread in networks.

On an evolutionary basis, social-network builders may be survivors because they are always at the centre of a group that can provide food and other necessities. On the other hand, they are more likely to be exposed to germs from all sides.

The study was written up in the Proceedings of the National Academy of Sciences.

Love well, live long

Studies reveal that a little lovin' can go a long way — for your overall health

Valentine's**Day**

CELEBRATE VALENTINE'S DAY: Showing your loved one how you feel can be good for your health.

It seems nothing gives the heart muscle a workout quite like love. Studies have shown that women in a happy marriage are much less likely to have risk factors associated with heart disease than their lovelorn friends.

Sex, we know, is good for the heart, too: Men who have sex two or more times a week cut their risk of cardiac arrest in half.

Even kissing and hugging have health perks: Kissing increases saliva production, which reduces the bacteria that cause gum disease (a proven contributor to heart disease); hugging stimulates the release of the bonding hormone oxytocin, and lowers blood pressure. Need any more excuses?

BEST HEALTH MAGAZINE

Studies show women in a happy marriage are less likely to have risk factors associated with heart disease.

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Women missing out on the big O

According to the 2008 Durex Sexual Wellbeing Global Survey, many Canadian women may be missing out on the big O. It showed only 35 per cent of women reported frequently having orgasms – versus 76 per cent of men. METRO NEWS SERVICE

Health in brief

CHILDBIRTH Preterm births in Canada have risen over the past decade, new data by the Canadian Institute for Health Information shows. Delayed childbearing, the use of fertility treatments and maternal obesity all contribute to that rise, which puts added strain on health-care resources and families of babies born preterm, an expert in the field suggested.

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Just rosy

Romantic roses are big again. Here are five ways to tap into their restorative powers.

RHONDA ROVAN
for Metro Canada

Valentine's Day

1. CARRY CULT-FAVOURITE C.O. Bigelow Rose Salve No. 012 in your purse, to give lips a natural sheen and to smooth everything from elbows to cuticles. ($6, 22 g). Available at Bath and Body Works.

4. BE SWEPT AWAY by Stella Refillable Purse Spray containing Eau de Parfum, a sparkling rose for day, and Rose Absolute Eau de Parfum Intense, a sensual rendition for night. ($90, includes four refills, 10 mL each). Available at Holt Renfrew, The Bay.

2. BATHE AWAY STRESS with Ombra Spa Aromatic Body Wash in Rose & Garden Tea. It contains mildly fragrant essential oil of Rose Damascena, known for its soothing properties. ($5, 300 mL). Available at Pharma-Plus Drugs, Wal-Mart.

3. CREATE A FLAWLESS canvas for makeup with Rose Freshface Primer from Fresh, with astringent rosewater to revitalize. ($45, 30 mL). Available at Holt Renfrew, Sephora.

5. GET SKIN LIKE SILK with Rose Gentle Fragrant Body Exfoliating Gel by Rogers&Gallet. It softens with apricot kernels in a gel formula infused with a delicate scent of roses. ($28, 200 mL). Available at Holt Renfrew, The Bay.

besthealthmag.ca
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Expert tips for a perfect Valentine's Day 'do

CELIA MILNE
for Metro Canada

BEAUTY Going on a fabulous Valentine's date? Want your hair to be perfect?

Avoid last-minute impulse cuts, say stylists at Valentino's Grande Salon in Whitby, Ont.

A hair disaster could ruin your confidence for the night. "Whenever trying something new, do it the week before to allow yourself to get comfortable with the change," says Valentino's stylist Danielle Buttel.

Valentino's provides us with some hair "do's" and "don'ts" for Valentine's Day.

DO:

• Have your hair cut and shaped every six weeks. This will maintain both the condition and style, and ensure you won't have a bad hair day on your special day!

• Always colour your hair a few days ahead of an important date to avoid any surprises or reactions on the skin.

Women: "Soft waves can give a great look for a romantic night on the town. They give great texture whether you hair is long or short. Volume and fullness are key for a sexy look that lasts the whole night," says stylist Saira Rementulla.

Men: "Women like the tousled look. You can achieve this with a great haircut and a light matte moulding paste. This gives men a nice natural look without the heavy product feel," says Rementulla.

DON'T:

• Use the wrong products — they can result in flat, dull and unkept hair.

• Get caught up in trends. "Do what looks flattering and feels comfortable to you. Seek professional advice on what suits your hair type, facial features and lifestyle," says Valentino's stylist Danielle Buttel.

Soft waves are a great look for a romantic night on the town.

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New cast for Dancing with the Stars
The season eight cast of Dancing with the Stars includes: Jewel and husband Ty Murray, Chuck Wicks, Shawn Johnson, Belinda Carlisle, Denise Richards, Lawrence Taylor, Lil' Kim, Steve-O, Steve Wozniak, David Alan Grier, Gilles Marini, and Nancy O'Dell. **PEOPLE.COM**

Entertainment

Studio guest
Sex and the City star Sarah Jessica Parker will be the first guest on the new season of Inside the Actors Studio. The first episode airs Sunday on Bravo. METRO NEWS SERVICES

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

PHOTO COURTESY SIX SHOOTER RECORDS

Echoes, the latest album from Halifax-based singer-songwriter Jenn Grant, was released in stores last week.

Success via suitcase

New Jenn Grant album follows year of steady touring

BRYAN BORZYKOWSKI
for Metro Canada

If an artist needs a sign that they're succeeding in the music biz, living out of a suitcase at their mom's place is as good an indication as any.

While Halifax songstress Jenn Grant would rather be holed up in her own apartment — she's currently searching for new digs — finding shelter at her parents' house was her only option after a year of steady touring.

"I need to find an apartment for tomorrow," says Grant, on the phone just minutes before yet another housing-related appointment. "I was on the road and didn't find a place to live, but I'm getting tired of my suitcase."

"I was on the road and didn't find a place to live, but I'm getting tired of my suitcase." Jenn Grant

While she's adamant about renting a new home, now's probably the worst time to move. Her new album — the delicate, guitar-driven folk rock Echoes — is sure to impress her fans enough that they'll want to see her as much as possible in 2009.

And when she does hit the road, don't expect any rock star shenanigans from this soft spoken chanteuse. "I enjoy a few drinks, but I have to keep it normal," she says. "This is work. If you want touring to be your life you can't become an alcoholic."

She's also an avid yoga buff, working out every day, including when she's on tour. "When you sing you have to keep yourself strong in the stomach," she explains. "It's awkward to exercise with other people in a hotel room, so I often find myself in stairwells."

Her focused work ethic is one reason Grant has done so well for herself, despite jumping onto Canada's music scene in 2006. Her debut full-length, Orchestra for the Moon, hasn't just won praise from music critics — she also took home CBC's Galaxie Rising Star award last year.

Although Echoes sounds similar to her last disc, it's much less Feist-y and a little more lo-fi than Orchestra. Part of that has to do with where and how she recorded it. The East Coast songwriter spent about three weeks at an isolated Ontario farm, and recorded all her songs live, meaning everyone played together rather than one instrument at a time.

However, working that way meant Grant was singing over and over again, until every instrument was perfect. It was too much for her vocal chords to handle. "I had to take a week off in the middle because my voice got so tired from singing eight hours a day," she says. "So I went to the ocean in P.E.I. and didn't talk for several days."

Luckily, she's back in fine form and ready to tour again. Now, if only she could find someplace to live.

Jenn Grant live

- Jenn Grant plays the Mod Club Theatre on Thursday.

Retirement not an option for Jones

SZONJA KREZINGER
Metro World News

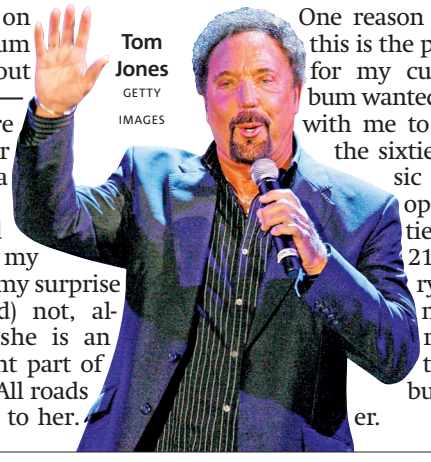
He still tours the world and just released his last album in November, although he is 68, Tom Jones does not think of retiring at all. We spoke with the singer about his latest CD, 24 Hours.

Q This is your first album on which you were involved in writing songs. Why did you make this decision after so many years?

A Because I did not like the songs (that) were sent to me. I searched for songwriters and asked them to write for me and I was also involved in the process.

Q You recorded two special songs to the album: First is The Road, dedicated to your wife. Did she like it?

A Yes, a lot! This song was born when a songwriter asked me — as the songs on the album are about my life — if there had ever been a song recorded about my wife. To my surprise (one had) not, although she is an important part of my life. All roads led back to her.



Tom Jones GETTY IMAGES

Q And the other — Sugar Daddy by Bono and The Edge?

A The idea of the album was born the same time when the idea of this song was born. I was sitting in a pub in Dublin with Bono and made up my mind about him writing a song for me. Then I told him about my life, and this is how the song was born.

Q Is it easy to talk to songwriters about your life?

A They are all professionals, so it wasn't. I knew they will make a proper use of all I say. And I talk about myself easily, I have nothing to hide.

Q There could be no Duffy or Amy Winehouse without Tom Jones. How do you feel when you listen to them?

A That they do something I could have done in the '60s. One reason to think this is the producers for my current album wanted to work with me to recreate the sixties in music with the opportunities of the 21st century. I couldn't have recorded this album earlier.

Hudson ready to hit the road

After a week of rousing performances, including her knockout appearance at Sunday's Grammys, Jennifer Hudson is ready to take her show on the road. The Grammy winner, 27, will kick off her first solo tour on April 2 in Philadelphia. **PEOPLE.COM**

Usher's wife in stable condition

Usher

MUSIC A representative for Usher says the singer's wife, Tameka Raymond, is recovering from surgery in Brazil.

Publicist Simone Smalls says Raymond "is in stable condition after suffering complications from routine surgery in Brazil."

Smalls says "the family requests privacy at this difficult time." No further details were provided.

Usher was supposed to be one of the performers at Clive Davis' pre-Grammy party had to back out for what Davis called a serious family illness. **REUTERS**

In brief

GRAMMYS Music sales may be low but interest in music isn't, at least according to the ratings for the Grammy Awards. Nielsen Media Research says that Sunday's ceremony was seen by an estimated 19.1 million people. That's about two million more viewers than last year and higher than it's been for three of the past four years. **REUTERS**

Jazz artist mines the past

Jessica Lalonde goes old school on latest album

Spinning Daydreams is the latest album from jazz artist Jessica Lalonde.

BRIAN TOWIE
Metro Canada

Jessica Lalonde is all about the old school.

And she means really old school. The Toronto-based songstress recently released her debut album Spinning Daydreams, a jazz-styled collection of crooning and swinging covers from the big-band era of 1930s and '40s.

It's a genus close to the heart of the musical theatre vet and student of Italian opera program Centro Studi Lirica, who cites as inspiration female crooners of yesteryear such as Billie Holiday, Judy Garland, Edith Piaf and Nina Simone. It's also a far cry from her family's tastes in music. Her parents are avid classic rock fans, and brother Luke Lalonde fronts indie rock movers and shakers Born Ruffians.

"If you believe in reincarnation, part of me almost thinks I lived during that time," Lalonde laughs. "I spent a lot of time with my grandparents when I was little and that was their style of music. They would put on Tommy Dorsey and Vera Lynn. And there was just something about it that hit home. It always stuck with me."

Produced by Canadian jazz aristocrat Bill King, the disc is a kind of introduction for old and new fans of the genre. Spinning Daydreams has a healthy mix of ballads and boppers, among them Cole Porter's Begin The Beguine from the 1935 musical Jubilee and Rogers and Hammerstein's Academy Award-winning 1945 hit It Might As Well Be Spring.

The collection, Lalonde says, was meant to invite new fans and inspire nostalgia. (The cover features a sepia-toned photo of her brandishing an old-fashioned microphone.)

"I picked a lot of my favourites, things I loved," she said. "If it was up to me I'd be doing a lot of ballads, but you can't do that on an album, you've got to have a balance."

The seasoned singer now faces uncharted waters: She frets over Spinning Daydreams' success, hoping her song choices will resonate with listeners as much as they have with her. But she continues to get her biggest thrill from winning over a crowd.

"Success to me is getting the opportunity to sing more," she said. "There's a terror to performing at first because you've got this crowd hundreds of people deep in front of you, but I think you need that in a way to put on a good show."

Lalonde Live

- Jessica Lalonde plays the Rivoli in Toronto on March 11.

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Another 'cub' in Tiger family

Tiger Woods is a dad again. The world's No. 1 golfer and his wife, Elin Nordegren, welcomed a son on Sunday, reports Golf.com. Woods, 33, confirmed the family addition on his website. **PEOPLE.COM**

Grammy parties galore

The decorations were modest and hors d'oeuvres resembled comfort food, but award winners still boozed it up in style at Island Def Jam Music Group chairman Antonio (L.A.) Reid's Grammy after-party, despite big no-shows Rihanna, Beyonce and Jay-Z.

THE ASSOCIATED PRESS PHOTOS

Pop legend Lionel Ritchie and singer Kerli arrive at the Island Def Jam Grammy party Sunday night in Los Angeles.

Other parties around town following Sunday night's 51st annual Grammy Awards also held to recession-conscious standards, from a conspicuous lack of blingy decor to pared down eats and attire. Forget the days of Sony BMG's annual lavish Beverly Hills Hotel soiree, canceled this time around because of the economy.

At Reid's bash at Wolfgang's Steakhouse in Beverly Hills, first-time Grammy winner Duffy sat atop a simple beige sofa and sipped red wine and beamed while LCD screens around the room showed footage from the awards ceremony of her singing with Al Green.

"`I feel fantastic,'' said Duffy, grinning about her win for best pop vocal album. "I wish I could bring the trophy with me. ... And I want to change out of this dress. I'm starving.''

Guests feasted on meatballs, grilled cheese sandwich triangles and tuna tartare on slivers of toast, and downed martinis and bottles of Stella Artois while a DJ spun '80s R&B and hip-hop hits.

Nearby, at Universal Motown Republic Group's lively shindig at the Whiskey Blue bar at the W Los Angeles hotel in Westwood, the label's big winner Lil Wayne was a no-show, but Busta Rhymes turned up the heat.

Across town, at the earlier official Grammy after-party at the Los Angeles Convention Center held by the Recording Academy, Queen Latifah and others were greeted by hippies in striped bellbottoms and Afro wigs welcoming guests to the 1960s-themed post-show bash. **THE ASSOCIATED PRESS**

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DVD picks

Nights in Rodanthe

Director: George C. Wolfe

RICHARD GERE and Diane Lane are strangers in the night in this romantic melodrama reuniting the stars of the infidelity tale Unfaithful. Lane's character, a woman on the mend over a cheating husband, takes up residence at a friend's remote coastal inn, conveniently just as a storm hits, stranding her there with a doctor (Gere) aiming to make good on a past wrong. Needless to say, sparks fly as the wind kicks up. Among the DVD and Blu-ray extras are alternate scenes with commentary from director George C. Wolfe, cast and crew interviews and a segment on the theme song by Emmylou Harris.

Richard Gere and Diane Lane star in Nights in Rodanthe.

W

Director: Oliver Stone

THE FORMER Dubya-in-chief became the first president to get his own big-screen film biography while still in office. While the film found only a modest audience, director Oliver Stone defied expectations by keeping his inflammatory opinions fairly in check, instead delivering an empathetic if not sympathetic portrait of George W. Bush. Josh Brolin, an Academy Award nominee for Milk, stars as Bush from his rowdy college and boozy business days through his born-again abstinence years and unlikely rise to political power.

Miracle at St. Anna

Director: Spike Lee

SPIKE LEE presents a Second World War epic from the perspective of black soldiers with this saga that folds in a modern mystery about a missing artifact that resurfaces decades after the war. Derek Luke, Michael Ealy, Laz Alonso and Omar Benson Miller play a foursome in an all-black regiment who become trapped behind enemy lines while serving in Italy. Along with deleted scenes, the DVD and Blu-ray release include a segment with Lee, cast members and historians discussing the all-black "Buffalo Soldier" division. Lee also joins members of the Harlem Veterans' Club for an examination of Hollywood depiction of blacks in war. THE ASSOCIATED PRESS

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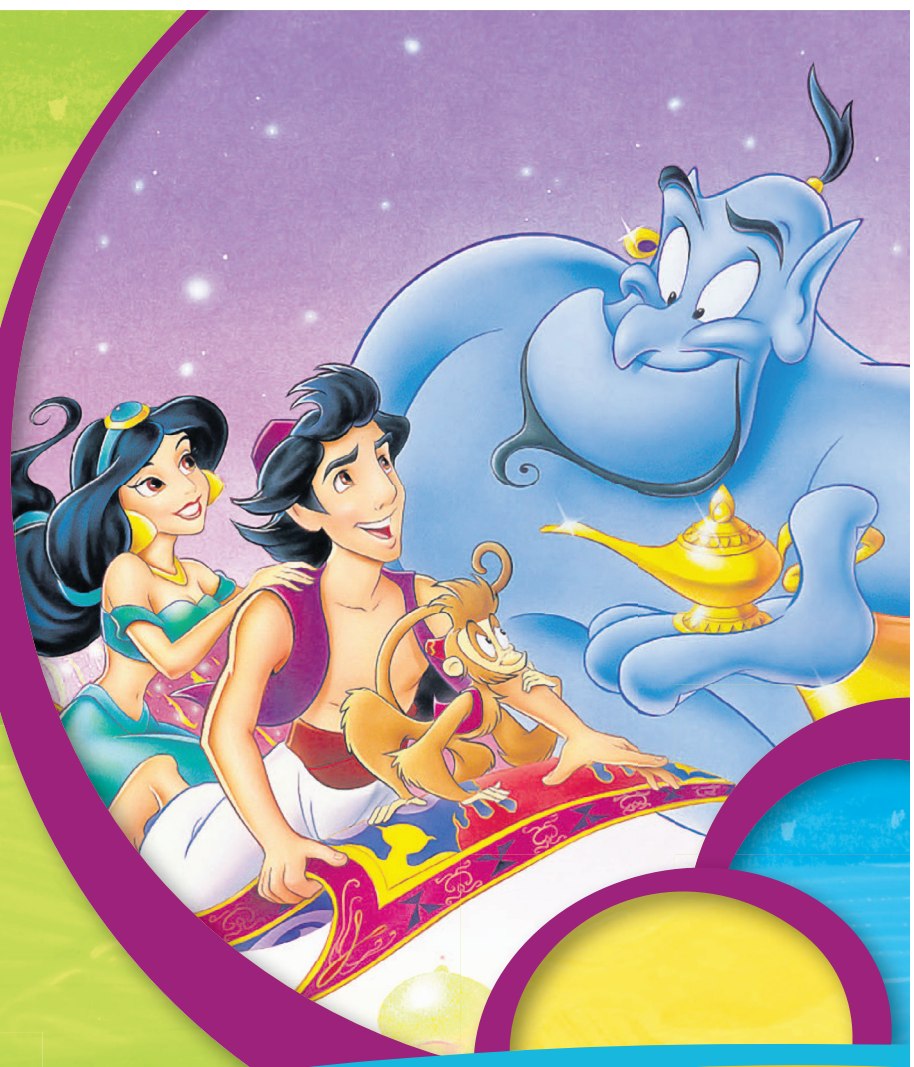

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Spinal Tap recording new material

Spinal Tap are recording their first new material in nearly twenty years. The spoof English heavy metal band is the brainchild of American actors Michael McKean, Harry Shearer and Christopher Guest. **BBC.CO.UK**

Oscar surprises promised

SHOW Fans of this month's Academy Awards — and nominees themselves — are in for something new at Hollywood's biggest party, the show's overseers said recently.

Sid Ganis, president of the Academy of Motion Picture Arts and Sciences, told the 112 contenders gathered at the annual nominees luncheon to expect a lot of new things at the Feb. 22 ceremony.

"Your categories are being presented in a completely different way. Heads up," Ganis told actors. "Cinematographers, editors, composers. All of you guys. You're in for a big surprise."

Ganis did not elaborate, in keeping with Oscar organizers' efforts to maintain secrecy about the show. **THE ASSOCIATED PRESS**

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Starving and struggling

Canadian artists getting poorer, figures show

It's already hard enough for artists in Canada to make a decent living and it's not getting any better. In fact, the latest statistical analysis shows artists are getting poorer.

Kelly Hill of Hill Strategies Research, a company that analyzes artist earnings and trends, said real income declined from 2001 to 2006, the latest data period provided by Census Canada.

The 2001 census showed artists earned an average of $26,300, but that figure dropped to $22,700 by 2006, a 14 per cent decrease in earnings when adjusted for inflation. By contrast, the overall labour force saw a modest two per cent increase in the same period.

"That was a surprising and fairly depressing statistic. We knew from the 2001 census work that we did that artists' earnings were low but ... seeing them go down from even that low level is quite disappointing," Hill said.

The 2001 census showed artists earned an average of $26,300, but that figure dropped to $22,700 by 2006, a 14 per cent decrease in earnings when adjusted for inflation.

"I do believe that (artists) are a dynamic and growing component of the labour force and it does need to be nurtured."
Kelly Hill of Hill Strategies Research

Hill said that figure becomes even more alarming when one realizes that in 2006, working artists — 140,000 across Canada — outnumbered the 135,000 Canadians directly employed in the auto sector.

Overall, the latest research shows there are 609,000 cultural workers in Canada: about 3.3 per cent of the total workforce; double the level of workers in the forestry sector at 300,000 and more than double the banking sector at 257,000.

"That's substantial and it'll surprise a lot of people," Hill said.

At the same time, Hill said — and as a recent Toronto Star series on the lives of Canadian artists demonstrated — those who choose to follow their artistic muse face significant hurdles compared to others in the labour force. For example, artists, many of whom are self-employed, rarely qualify for employment insurance, and their ability to contribute to pension plans for a secure retirement is also limited, Hill said.

Hill said it's time for governments to wake up to the significant role artists and culture play in Canada's economy and to provide incentives for them to survive.

"I do believe that (artists) are a dynamic and growing component of the labour force and it does need to be nurtured," he said.

TORSTAR NEWS SERVICE

TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/10/09 primetime	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		The Street (N)		Stephen Fry in America (N)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Deliverance" (N)		90210 (HDTV) (N)		Project Runway Canada		News (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Privileged (HDTV) (N)		Scrubs	Scrubs	Primetime: What Would		News (N)
	212	313	8	CTV	etalk	Hollywood	American Idol (HDTV) (N)		(9:01) Fringe "Ability"		Law & Order: SVU		News (N)
	218	345	11	E!	The Insider (N)	E! News	The Biggest Loser (N)				Ruby	Kimora: Fab	News (N)
	137	763	13	TFO	Panorama		Les Fabricants de coeurs		Histoire du cinéma: Moments choisis			Y'a pas d'âge	Empire
	-	-	14	-	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	*The Bridges of Madison County* ★★★ (1995, Romance) Clint Eastwood, Meryl Streep.						Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Deliverance" (N)		The Mentalist (HDTV) (N)		(10:01) Without a Trace (N)		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				Law & Order: SVU		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Be My Valentine		Scrubs	Scrubs	Primetime: What Would		News
	219	346	20	ACH-B	Instant Star	TMZ (N)	Cold Case		Law & Order		(10:01) Without a Trace (N)		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol (HDTV) (N)		(9:01) Fringe "Ability"		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Keeping Up	Nova Statement suggesting an alternative to Darwin's theory of evolution. (DVS)						Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV) (N)		Privileged (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		My Son, the Pornographer (N)		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports (HDTV)		Saving GM: Inside the Crisis		On the Money		Mad Money
sports	405	417	22	net	OHL Hockey Windsor Spitfires at Guelph Storm. (Live)						Sportsnet Connected		Hockey Central
	400	400	30	TSN	NHL Hockey San Jose Sharks at Boston Bruins. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
	411	457	58	OLN	Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter	Bounty Hunter	Survivorman
	417	406	81	SC	Pinks (HDTV)	Pass Time (N)	Speed Report Special Edition		Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pinks
family	551	542	25	YTV	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach (DVS)		Mystery Hnt.
	554	544	45	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Skinny Celebrity Mums II		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	570	580	29	MM	Degrassi: TNG	Instant Star	Gone Wild	Gone Wild	disBand	Technical Diff.	Degrassi: TNG	Instant Star	The Shift
	615	520	31	A&E	CSI: Miami "Nailed"		The First 48		The First 48 (HDTV)		Manhunters	Manhunters	The Beast
	700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	Nati Ieri		Raymond	Raymond	George Lopez
	571	581	36	MMM	mmmtop	Where You At	Popaganda		Gene Simmons	Gene Simmons	Celebrity Wrestling		Listed
	575	583	38	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes
	616	521	39	SHO	The Outer Limits		Mutant X "Kilohertz"		Testees	Trailer Park	The L Word "LMFAO"		House
	620	523	40	BVO	Live at the Rehearsal Hall		Bowfire				Johnny Cash: Man in Black		Law & Order
	601	562	41	SLC	Til Debt-Part	Rich Poor	Date My Ex: Jo & Slade		Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada
	522	506	43	HIS	NCIS "Angel of Death"		Ultimate Engineering		Ax Men (HDTV)		NCIS "Angel of Death"		Re-Inventors
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	294	529	47	TBS	House-Payne	House-Payne	*Eraser* ★★ (1996, Action) Arnold Schwarzenegger, James Caan.					Seinfeld	Family Guy
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Love and Other Four Letter Words* (2007) Tangi Miller.				Baldwin Hills	Baldwin Hills	Judge Hatchett
	627	528	50	SPC	Stargate Atlantis (DVS)		Lost		Star Trek: Voyager		Destination Truth (N)		Stargate SG-1
	581	566	52	MTV	Mom & Dad	After	MTV News	Cribs	Cribs Teen Rooms Special (N)		From G's to Gents Sixteen G's arrive. (N)		
	618	524	54	TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	56	FOOD	Chef at Home	Chef at Home	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Chambers	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Living the Life	Off the Leash	The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby
	115	711	101	TVA	Les Gags	Star Académie:	La Fièvre de la danse (SC)		La Promesse (HDTV) (N) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Missing		Missing		Encounters	In Dreams	Psychic Inv.
	300	601	301	M1	(7:15) *Emotional Arithmetic* (2007, Drama), Roy Dupuis				*Transformers* ★★★ (2007, Action) Shia LaBeouf, Tyrese Gibson.				
	305	612	306	PIX	(6:50) *Murder by Decree* ★★★ (1979, Mystery)				*Friday the 13th Part 8: Jason-Manhattan*			(10:45) *Habitat* (1997)	

critics' corner

NCIS
Don't get yourself wrapped up in an inner-city gang war when you're investigating the death of a Marine. But that's just what the members of the NCIS team do. Why? Because they don't listen to us. Making matters worse, Gibbs must face down demons from his past when he finds a cryptic message waiting for him at the crime scene. 8 PM on GTV CBS

The Biggest Loser
It's the 100th episode of the show that makes "fat" a four-letter word, and this week, a balancing competition will bring the winner a coveted prize: a 24-hour visit from a loved one. Then the teams all take part in a tough challenge that really tests their endurance. 8 PM on E! NBC

The Mentalist
With Patrick Jane's (Simon Baker) help, Cho goes under cover as a sweet-talking ladies man with all the right moves in order to catch a killer who has his own set of pseudomentalist techniques in "Crimson Cananova." Robin Tunney and Owain Yeoman also star. 9 PM on CBS

GlobalStyle
Kenya Hunt
Exclusively at metronews.ca/globalstyle

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

Committed father
Guy Ritchie is committed to staying close to his kids after his divorce from Madonna. So committed, in fact, that he's reportedly moving to New York City, where Madonna and children have taken up residence. METRO NEWS SERVICES

Celebrity Buzz

Posh gets an early V-Day

ROMANCE David Beckham flew into London for 24 hours to give wife Victoria an early Valentine's Day treat, femalefirst.co.uk reports. The soccer star travelled from Milan on Saturday night, booked a room at exclusive hotel Claridges and showered Posh with expensive flowers and chocolates. Earlier that night Victoria had been spotted dining alone at Locanda Locatelli restaurant.

A source said: "It was the only chance they had to meet up in their hectic schedules." David, 33, then jetted off late Sunday to meet up with the England soccer squad in Spain. METRO NEWS SERVICES

Affleck still hoping for a son

FAMILY Ben Affleck wants to have a son, femalefirst.co.uk reports. The actor — whose wife Jennifer Garner gave birth to second daughter Seraphina Rose last month — is keen to keep expanding his brood until they have a boy. A source close to Ben — who also has three-year-old daughter Violet with Jennifer — said: "Ben's happy to keep going until he gets his boy.

"He has visions of dressing a little guy in Boston Red Sox gear, tossing a baseball around and cheering in the stands together."

METRO NEWS SERVICES

Is Jessica Simpson preggers?

RUMOURS The real reason for Jessica Simpson's recent weight gain may just be that she has a bun in the oven. "She hasn't been packing on the pounds because she's overeating," a source tells the Daily Mail.

"The big rumour from her inner circle is that a baby could be the reason she's carrying some added weight." Simpson is dating Dallas Cowboys quarterback Tony Romo. "Those closest to them almost certainly know the truth but they will have been sworn to secrecy,"

METRO NEWS SERVICES

Kate's been visiting Owen

ROMANCE Kate Hudson has sparked romance rumours after visiting Owen Wilson "religiously," femalefirst.co.uk reports. Hudson, who has dated the actor on and off since 2006, has been spotted at Wilson's Malibu home several times in the past two weeks.

A source told x17 Online: "Kate has been coming to the house religiously. She is here at least a couple times a week and she has been sunbathing in the back yard, hanging out by the swimming pool."

METRO NEWS SERVICES

Further charges could follow in Brown arrest

ARRESTS The only Grammy Awards anxiety Chris Brown was supposed to feel was over whether he would win one. Instead, the R&B singer remains mired in suspicion over an allegation of domestic violence.

Following Brown's arrest in Los Angeles late Sunday night on suspicion of making a criminal threat and subsequent release, plenty of questions remained: Was there a physical attack, and if so, against whom was it committed?

But the fallout was immediate. Wrigley said it was suspending ad campaigns featuring Brown as its spokesman for Doublemint gum, although the company stopped short of saying they would drop the troubled R&B star completely. A company statement expresses concern about what it called "serious allegations made against Chris Brown."

Los Angeles Police Sgt. Bridget Pickett said authorities continued to investigate what took place early Sunday in the ritzy Hancock Park neighbourhood, shortly after Brown and longtime girlfriend, pop superstar Rihanna, were seen happily sitting together at the annual pre-Grammy party hosted by Clive Davis.

Officers received a 911 call about an incident in which a woman accused Brown of hurting her. Authorities have not identified who that woman was, citing confidentiality for victims of domestic abuse.

The 19-year-old Brown, who had left the scene before authorities arrived, turned himself in to police while the Grammy Awards were going on Sunday without him — and also without Rihanna, who, like Brown, cancelled her scheduled appearance. Brown was released after posting $50,000 US bail. Pickett described the singer as "professional" during processing.

Rihanna's publicist declined to say why the singer did not appear, saying only that she was "well" and expressing thanks for the concern. Brown's representatives also refused to discuss the allegations or his arrest.

A phone message left with Brown's lawyer, Mark Geragos, was not immediately returned Sunday night. News of the incident broke as stars were showing up at the Grammys. Police said in an initial news release, sent 90 minutes before the show began, that the woman accusing Brown showed visible injuries.

Still, Brown was not booked on suspicion of physically hurting the woman. Pickett said a criminal threats charge indicates a person makes a threat and has the capacity to carry it out. "There may be domestic violence charges added later but that will be up to the district attorney's office," Pickett said.

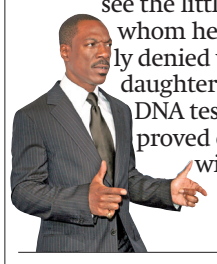
Less than an hour after the ceremony ended, Brown left a police substation with his lawyer as numerous photographers tried to get a shot of him on the way out.

Pickett said Brown did not appear to have any physical injuries. She said she did not know who placed the 911 call, and a police spokeswoman said the department would not release the tape. THE ASSOCIATED PRESS

GETTY IMAGES PHOTOS

Murphy and Scary end support battle

FAMILY Eddie Murphy's child support battle with Melanie (Scary Spice) Brown has come to an end, with Murphy now required to pay $50,000 US a month for 22-month-old Angel Iris until the girl is 18, according to the Telegraph. Murphy also agreed to finally see the little girl, whom he originally denied was his daughter until DNA tests proved otherwise. METRO NEWS SERVICES



Jen throws herself a 40th birthday party

EVENTS Jennifer Aniston celebrated a landmark birthday a few days early. The Friends star, who turns 40 tomorrow, threw a lavish party at her Beverly Hills mansion on the weekend, reports Exposay.com. Guests included Courteney Cox, Tom Hanks, Oprah Winfrey and Jen's boyfriend, John Mayer. METRO NEWS SERVICES

Elton's not amused with David Spade

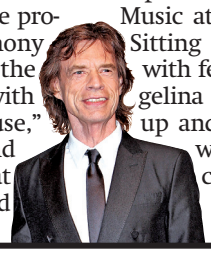
RUN-INS Not everyone finds David Spade funny. The comedian was having dinner with Courteney Cox in Los Angeles at the same restaurant as Elton John and his husband, David Furnish, according to Page Six. When John seated some of his bodyguards at a table next to Spade and Cox, Spade joked, "I hope he's picking up my cheque, too!" According to an eyewitness, "Everyone laughed but Elton." METRO NEWS SERVICES

Mick cracks up BAFTA-goers

AWARDS Mick Jagger delivered the top prize to Slumdog Millionaire at Sunday's 2009 British Academy Film Awards — but also the best line of the evening, people.com reports.

Explaining what he was doing at a movie event the same night as the Grammys, the Rolling Stone said he was part of a rock star-movie star exchange program. "Sir Anthony Hopkins is in the recording studio with Amy Winehouse," joked Jagger, "And we are hoping that next week Sir Brad and all the Pitt family will be performing The Sound of Music at the Brit awards."

Sitting in the audience with fellow nominee Angelina Jolie, Pitt cracked up and applauded along with the rest of the crowd. METRO NEWS SERVICES



Melt away that frosty landline with tons of talk.

The Weather Network
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Today: Drizzle 8° / 4° (60%)
Wednesday: Rain 10° / 0° (90%)
Thursday: Rain and snow 2° / -6° (70%)

WeatherEye... Free App Available on iPhone.

Take Five

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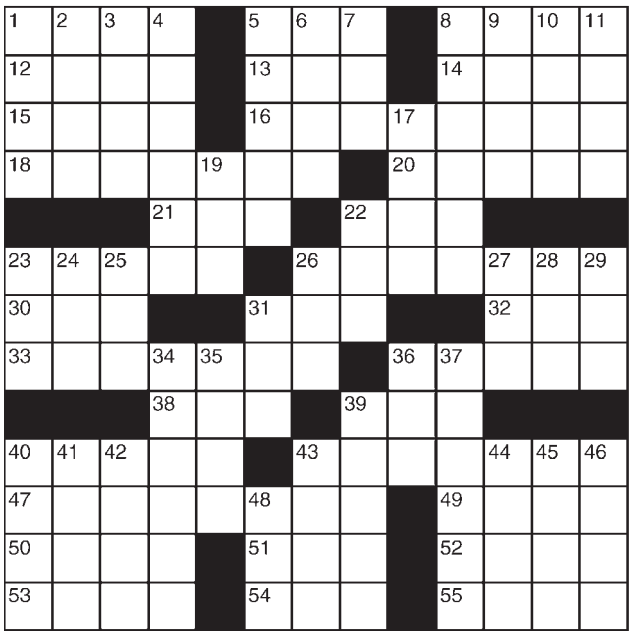

Crossword across

1 GIs' dinner
5 Watch chain
8 Magician's stick
12 Wheel holder
13 Spring mo.
14 Sheltered
15 "Once — a time"
16 Raze
18 Inside information
20 That is (Lat.)
21 Historic time
22 Enemy
23 Ringo or Brenda
26 Insult
30 "Alley —"
31 Scull tool
32 Zodiac feline
33 Disappointment
36 Passenger
38 Puncturing implement
39 Hamburger holder
40 Talia of "Rocky"
43 Twilight start
47 Confinement measure
49 Canal zone
50 Reed instrument
51 Coq au —
52 Slithery swimmers
53 Former German capital
54 Rocker Winehouse
55 Foolish one

Crossword down

1 Handle roughly
2 Big fair
3 Decelerate
4 "Return to —"
5 Islamic decree
6 Admitting customers
7 Support system?
8 Rolled up into a ball
9 Lotion additive
10 11 p.m. telecast
11 Fender bender result
17 Laugh-a-minute
19 Bobby of hockey
22 Bear hair
23 Fa follower
24 Pirouette pivot
25 Suitable
26 Skillet
27 Antiquated
28 Teensy
29 Neither mate
31 Harry Potter's Hedwig, e.g.
34 Dim the lights
35 Still unpaid
36 Skedaddle
37 "Absolutely"
39 Easter symbol
40 Unkempt one
41 Vagrant
42 PC picture
43 Take to the lake
44 Sandwich cookie
45 Executor's document
46 Birds' home
48 Eggs

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		6		8	5			
		5	4			3		
			9				2	8
		2	8			9		5
	1						4	
3		7			4	2		
4	6				9			
		3			1	8		
			2	7		6		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

C	H	I	D		C	U	B		R	I	N	K		
H	O	M	E		U	S	E		A	D	E	N		
A	R	A	B		C	A	S	H	M	E	R	E		
D	A	M	A	S	K		T	I	R	A	D	E		
				R	O	O	M		P	O	T			
J	A	C	K	B	O	O	T		D	I	G	S		
O	A	R		S	E	R	R	A		O	N	E		
T	H	O	U		D	O	U	G	H	N	U	T		
			U	G	H		N	E	R	O				
I	M	P	A	I	R		N	A	P	E	R	Y		
C	O	I	N	C	I	D	E		I	L	I	A		
B	L	E	D		T	I	S		N	U	L	L		
M	Y	R	A		E	M	S		G	L	E	E		

3	7	5	8	4	2	9	1	6
9	2	4	5	1	6	7	3	8
6	8	1	9	7	3	2	5	4
5	3	8	6	9	4	1	7	2
7	1	6	2	8	5	4	9	3
2	4	9	7	3	1	8	6	5
8	9	3	4	6	7	5	2	1
1	5	7	3	2	8	6	4	9
4	6	2	1	5	9	3	8	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Sauerkraut and Cider Pork

INGREDIENTS:
Nonstick cooking spray
6 pork loin chops with bones, 3/4 in. (2 cm) thick and trimmed
1 lb (500 g) sauerkraut, drained and rinsed
1 large yellow onion, sliced
1 cup shredded carrot
1/2 cup (125 ml) apple cider or apple juice
1 tbsp (15 ml) firmly packed light brown sugar
1/2 tsp (2 ml) dried rosemary leaves
1/4 tsp (1 ml) ground ginger
1/4 tsp (1 ml) black pepper

METHOD:
1 Coat 10-in. (25-cm) nonstick skillet with cooking spray. Heat skillet over moderate heat. Add 3 pork chops and cook 3 minutes per side or until browned. Remove chops. Repeat with remaining chops.
2 Add sauerkraut, onion, carrot, apple cider, brown sugar, rosemary, ginger and pepper to skillet; stir until mixed.
3 Place chops on top of sauerkraut mixture. Bring to boil. Lower heat and simmer, covered, 5 to 6 minutes or until chops are no longer pink inside.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You are expected to set a better example to others. A sweet woman will remain loyal and true-hearted. Damaged goods will give you no joy.

TAURUS
APRIL 21-MAY 21
Meet and greet the people who are in charge. A flirtation has an emotional impact. You'll feel a sense of urgency to visit a friend.

GEMINI
MAY 22-JUNE 21
A bully seeks a chink in your armour. A gracious person admits that you were right. Have your skills assessed before a training program.

CANCER
JUNE 22-JULY 22
Last minute details crop up and cause fury. You'll need help in your search for intelligent life. Talking of family causes an argumentative night.

LEO
JULY 23-AUG 23
A blast from the past stops you in your tracks. Don't risk a battle of the bulge. Somebody's temper-tantrums could damage their reputation.

VIRGO
AUG 24-SEPT 22
Using diplomacy in a debate will calm the waters. The end of a project brings sadness and relief. Watch out for hidden pitfalls in a relationship.

LIBRA
SEPT 23-OCT 23
A wonderful man makes you laugh. Trivial problems with a casual romance cause dismay. Those who fight comfort are merely afraid.

SCORPIO
OCT 24-NOV 22
A foolish affectation will be boring. A control freak's conceit will infuriate you. A situation becomes serious and you'll make decisions.

SAGITTARIUS
NOV 23-DEC 21
All eyes will be on you if you horse around. You have much to say about love. Indisputable information is revealed by a blasé person.

CAPRICORN
DEC 22-JAN 20
A stubborn stranger provokes insights. Reflections of the past will echo into your future. Go all the way when presenting ideas to a group.

AQUARIUS
JAN 21-FEB 18
Your work pays off in pleasing ways. The news creates an atmosphere of uncertainty. When you're in doubt, ask for more information.

PISCES
FEB 19-MARCH 20
Get busy doing the things you want to do. An apology changes your attitude. Someone's fragile ego will need some pampering.

TORONTO'S HANDS-ON RECORDING ARTS COLLEGE
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